



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Mekkioui, Ramsi

Total time: 1:12:49

Club: Sv Bergisch gladbach

Number: 213

Course: 25.70 km

Rank in course/Total: 10 (of 116)

Volksdistanz (0,70-20,00-5,00)

Rank in course/Men: 10 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 1(of 16)

Senioren 1 (40-44 Jahre)

Best time in the category: 1:12:49

Intermediate times								Stage score				Total ranking			
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen	0.70	13:30	19:17	3	0:16	18	3:51	0.70	13:30	19:17	1	-	61		
Schwimmen Net	0.70	13:30	19:17	1	-	61		0.70	13:30	19:17	1	-	61		
Wechsel Schwim	0.05	1:45	35:00	4	0:17	19	0:33	0.75	15:15	20:19	1	-	61		
Schwimmen Total	0.75	15:15	20:19	1	-	61		0.75	15:15	20:19	1	-	61		
ZZ Rad	10.00	fehlt!	-	-	-	-	-	10.75	-	-	-	-	-	-	
Rad Ende	10.00	35:59	3:35	15	18:49	86	21:00	20.75	51:14	2:28	1	-	61		
Wechsel Rad-Lau	0.05	1:13	24:19	7	0:12	40	0:34	20.80	52:27	2:31	1	-	61		
Rad Total	20.05	37:12	1:51	3	0:37	11	2:35	20.80	52:27	2:31	1	-	61		
ZZ Lauf	2.50	10:00	4:00	1	-	6	1:09	23.30	1:02:27	2:40	1	-	62		
Lauf	2.50	10:22	4:08	1	-	5	1:00	25.70	1:12:49	2:50	1	-	10	9:30	