



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Krug, Marcel

Club: Celtic Sports e.V.

Number: 224

Course: 25.70 km

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

Category:

AK3 männlich (30-34 Jahre)

Total time: 1:14:16

Rank in course/Total: 12 (of 116)

Rank in course/Men: 12 (of 92)

Best time in course: 1:03:19

Rank in category: 2(of 10)

Best time in the category: 1:05:28

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	11:43	16:44	2	0:58	6	2:04	0.70	11:43	16:44	2	0:58	47	
Schwimmen Net	0.70	11:43	16:44	2	0:58	47		0.70	11:43	16:44	2	0:58	47	
Wechsel Schwim	0.05	1:42	34:00	2	0:01	14	0:30	0.75	13:25	17:53	2	0:59	47	
Schwimmen Total	0.75	13:25	17:53	2	0:59	47		0.75	13:25	17:53	2	0:59	47	
ZZ Rad	10.00	19:46	1:58	1	-	14	2:18	10.75	33:11	3:05	1	-	56	
Rad Ende	10.00	17:51	1:47	1	-	14	2:52	20.75	51:02	2:27	2	4:44	47	
Wechsel Rad-Lau	0.05	1:02	20:40	4	0:08	20	0:23	20.80	52:04	2:30	2	4:43	47	
Rad Total	20.05	38:39	1:55	2	3:44	20	4:02	20.80	52:04	2:30	2	4:43	47	
ZZ Lauf	2.50	10:54	4:21	1	-	18	2:03	23.30	1:02:58	2:42	1	-	60	
Lauf	2.50	11:18	4:31	1	-	20	1:56	25.70	1:14:16	2:53	2	8:48	12	10:57