



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Domke, Dirk

Club: TV Arnsberg

Number: 112

Course: 25.70 km

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

Category:

Senioren 1 (40-44 Jahre)

Total time: 1:15:39

Rank in course/Total: 17 (of 116)

Rank in course/Men: 16 (of 92)

Best time in course: 1:03:19

Rank in category: 3(of 16)

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	13:34	19:22	4	0:20	19	3:55	0.70	13:34	19:22	3	0:04	55	
Schwimmen Net	0.70	13:34	19:22	3	0:04	55		0.70	13:34	19:22	3	0:04	55	
Wechsel Schwim	0.05	1:34	31:19	2	0:06	9	0:22	0.75	15:08	20:10	3		55	
Schwimmen Total	0.75	15:08	20:10	3		55		0.75	15:08	20:10	3		55	
ZZ Rad	10.00	19:30	1:57	5	1:17	12	2:02	10.75	34:38	3:13	2	0:09	53	
Rad Ende	10.00	18:37	1:51	5	1:27	20	3:38	20.75	53:15	2:33	3	2:01	55	
Wechsel Rad-Lau	0.05	1:07	22:19	3	0:06	25	0:28	20.80	54:22	2:36	3	1:55	55	
Rad Total	20.05	39:14	1:57	6	2:39	24	4:37	20.80	54:22	2:36	3	1:55	55	
ZZ Lauf	2.50	10:23	4:09	2	0:23	10	1:32	23.30	1:04:45	2:46	3	2:18	45	
Lauf	2.50	10:54	4:21	3	0:32	12	1:32	25.70	1:15:39	2:56	3	2:50	16	12:20