



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Orlowski, Carsten

Total time: 1:15:50

Club: RSC / Aqua-Sports Plettenberg

Number: 185

Course: 25.70 km

Rank in course/Total: 18 (of 116)

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

Rank in course/Men: 17 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 4(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	13:20	19:02	2	0:06	13	3:41	0.70	13:20	19:02	4			54
Schwimmen Net	0.70	13:20	19:02	4			54	0.70	13:20	19:02	4			54
Wechsel Schwim	0.05	2:18	45:59	8	0:50	39	1:06	0.75	15:38	20:50	4	0:23		54
Schwimmen Total	0.75	15:38	20:50	4	0:23		54	0.75	15:38	20:50	4	0:23		54
ZZ Rad	10.00	18:29	1:50	2	0:16	4	1:01	10.75	34:07	3:10	3			52
Rad Ende	10.00	17:10	1:43	1	-	5	2:11	20.75	51:17	2:28	4	0:03		54
Wechsel Rad-Lau	0.05	1:21	27:00	9	0:20	49	0:42	20.80	52:38	2:31	4	0:11		54
Rad Total	20.05	37:00	1:50	2	0:25	9	2:23	20.80	52:38	2:31	4	0:11		54
ZZ Lauf	2.50	11:15	4:30	6	1:15	30	2:24	23.30	1:03:53	2:44	4	1:26		55
Lauf	2.50	11:57	4:46	7	1:35	38	2:35	25.70	1:15:50	2:57	4	3:01	17	12:31