



6. ITI Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Bornemann, Horst

Total time: 1:16:09

Club: TriFun Hennesee

Number: 172

Course: 25.70 km

Rank in course/Total: 19 (of 116)

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

Rank in course/Men: 18 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 5(of 23)

Senioren 2 (45-49 Jahre)

Best time in the category: 1:10:03

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	12:44	18:11	3	0:31	10	3:05	0.70	12:44	18:11	20		53	
Schwimmen Net	0.70	12:44	18:11	20		53		0.70	12:44	18:11	20		53	
Wechsel Schwim	0.05	1:44	34:39	6	0:19	18	0:32	0.75	14:28	19:17	20		53	
Schwimmen Tot	0.75	14:28	19:17	20		53		0.75	14:28	19:17	20		53	
ZZ Rad	10.00	20:00	2:00	6	1:48	20	2:32	10.75	34:28	3:12	18		41	
Rad Ende	10.00	18:08	1:48	6	3:09	16	3:09	20.75	52:36	2:32	20		53	
Wechsel Rad-Lau	0.05	1:08	22:39	5	0:21	26	0:29	20.80	53:44	2:35	20		53	
Rad Total	20.05	39:16	1:57	7	3:25	25	4:39	20.80	53:44	2:35	20		53	
ZZ Lauf	2.50	10:54	4:21	5	1:33	18	2:03	23.30	1:04:38	2:46	20		54	
Lauf	2.50	11:31	4:36	6	1:44	27	2:09	25.70	1:16:09	2:57	5	6:06	18	12:50