



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Scharfenstein, Sven

Total time: 1:16:43

Club: Beckum

Number: 107

Course: 25.70 km

Rank in course/Total: 23 (of 116)

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

Rank in course/Men: 21 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 6(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.70	16:14	23:11	10	3:00	53	6:35	0.70	16:14	23:11	6	2:44	50	
Schwimmen Net	0.70	16:14	23:11	6	2:44	50		0.70	16:14	23:11	6	2:44	50	
Wechsel Schwim	0.05	1:39	32:59	3	0:11	12	0:27	0.75	17:53	23:50	6	2:38	50	
Schwimmen Total	0.75	17:53	23:50	6	2:38	50		0.75	17:53	23:50	6	2:38	50	
ZZ Rad	10.00	18:13	1:49	1	-	3	0:45	10.75	36:06	3:21	5	1:37	48	
Rad Ende	10.00	17:14	1:43	2	0:04	6	2:15	20.75	53:20	2:34	6	2:06	50	
Wechsel Rad-Lau	0.05	1:08	22:39	4	0:07	26	0:29	20.80	54:28	2:37	6	2:01	50	
Rad Total	20.05	36:35	1:49	1	-	8	1:58	20.80	54:28	2:37	6	2:01	50	
ZZ Lauf	2.50	10:50	4:20	5	0:50	16	1:59	23.30	1:05:18	2:48	6	2:51	51	
Lauf	2.50	11:25	4:33	5	1:03	24	2:03	25.70	1:16:43	2:59	6	3:54	21	13:24