



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Freis-Freis-Salewski

Club: Freis-Freis-Salewski

Number: 50

Course: 25.70 km

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

Category:

Staffel

Total time: 1:18:36

Rank in course/Total: 6 (of 28)

Rank in course/Total: 6 (of 28)

Best time in course: 1:12:01

Rank in category: 6(of 28)

Best time in the category: 1:12:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen	0.70	17:15	24:38	13	7:41	13	7:41	0.70	17:15	24:38	23	3:34	23	3:34
Schwimmen Net	0.70	17:15	24:38	23	3:34	23	3:34	0.70	17:15	24:38	23	3:34	23	3:34
Wechsel Schwim	0.05	1:35	31:39	17	0:28	17	0:28	0.75	18:50	25:06	23	3:46	23	3:46
Schwimmen Tot	0.75	18:50	25:06	23	3:46	23	3:46	0.75	18:50	25:06	23	3:46	23	3:46
ZZ Rad	10.00	13:34	1:21	1	-	1	-	10.75	32:24	3:00	23		23	
Rad Ende	10.00	23:13	2:19	20	5:30	20	5:30	20.75	55:37	2:40	23		23	
Wechsel Rad-Lau	0.05	1:28	29:19	26	0:52	26	0:52	20.80	57:05	2:44	23		23	
Rad Total	20.05	38:15	1:54	4	1:33	4	1:33	20.80	57:05	2:44	23		23	
ZZ Lauf	2.50	10:17	4:06	4	4:54	4	4:54	23.30	1:07:22	2:53	23		23	
Lauf	2.50	11:14	4:29	3	1:00	3	1:00	25.70	1:18:36	3:03	6	6:35	6	6:35