



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Cabello, Oliver

Total time: 1:19:14

Club: LG Kreuzbandriss

Number: 218

Course: 25.70 km

Rank in course/Total: 26 (of 116)

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

Rank in course/Men: 24 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 3(of 8)

AK4 männlich (35-39 Jahre)

Best time in the category: 1:07:26

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	14:50	21:11	2	2:48	32	5:11	0.70	14:50	21:11	3	2:48	59	
Schwimmen Net	0.70	14:50	21:11	3	2:48	59		0.70	14:50	21:11	3	2:48	59	
Wechsel Schwim	0.05	1:37	32:19	1	-	10	0:25	0.75	16:27	21:56	3	2:42	51	
Schwimmen Total	0.75	16:27	21:56	3	2:42	51		0.75	16:27	21:56	3	2:42	51	
ZZ Rad	10.00	21:04	2:06	3	1:41	27	3:36	10.75	37:31	3:29	2		45	
Rad Ende	10.00	18:57	1:53	4	1:14	25	3:58	20.75	56:28	2:43	3	8:22	59	
Wechsel Rad-Lau	0.05	0:57	18:59	3	0:10	13	0:18	20.80	57:25	2:45	3	8:32	59	
Rad Total	20.05	40:58	2:02	5	5:50	33	6:21	20.80	57:25	2:45	3	8:32	59	
ZZ Lauf	2.50	10:45	4:17	3	1:54	15	1:54	23.30	1:08:10	2:55	2	0:36	48	
Lauf	2.50	11:04	4:25	4	1:42	15	1:42	25.70	1:19:14	3:04	3	11:48	24	15:55