



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

hemscheidt, peter

Total time: 1:20:24

Club: plettenberg

Number: 200

Course: 25.70 km

Rank in course/Total: 28 (of 116)

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

Rank in course/Men: 26 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 2(of 10)

Senioren 3 (50-54 Jahre)

Best time in the category: 1:10:23

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	16:02	22:54	7	2:38	50	6:23	0.70	16:02	22:54	2	2:38	91	
Schwimmen Net	0.70	16:02	22:54	2	2:38	91		0.70	16:02	22:54	2	2:38	91	
Wechsel Schwim	0.05	2:08	42:39	5	0:26	31	0:56	0.75	18:10	24:13	2	3:04	91	
Schwimmen Total	0.75	18:10	24:13	2	3:04	91		0.75	18:10	24:13	2	3:04	91	
ZZ Rad	10.00	20:07	2:00	2	0:18	21	2:39	10.75	38:17	3:33	1	-	43	
Rad Ende	10.00	18:19	1:49	1	-	18	3:20	20.75	56:36	2:43	2	7:19	91	
Wechsel Rad-Lau	0.05	1:10	23:19	3	0:19	30	0:31	20.80	57:46	2:46	2	7:18	91	
Rad Total	20.05	39:36	1:58	2	4:14	26	4:59	20.80	57:46	2:46	2	7:18	91	
ZZ Lauf	2.50	11:16	4:30	6	1:38	31	2:25	23.30	1:09:02	2:57	2	8:56	46	
Lauf	2.50	11:22	4:32	3	1:05	21	2:00	25.70	1:20:24	3:07	2	10:01	26	17:05