



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

## Detailed evaluation

Schmiedel, Martin

Club: SC Siedlinghausen

Number: 194

Course: 25.70 km

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

Category:

AK4 männlich (35-39 Jahre)

Total time: 1:21:12

Rank in course/Total: 29 (of 116)

Rank in course/Men: 27 (of 92)

Best time in course: 1:03:19

Rank in category: 4(of 8)

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. | Pos Men | Behind Men | Total km | Total Time    | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Schwimmen          | 0.70     | 20:23      | 29:07        | 6        | 8:21        | 85      | 10:44      | 0.70     | 20:23         | 29:07        | 4        | 8:21        | 34      | 3:17       |
| Schwimmen Net      | 0.70     | 20:23      | 29:07        | 4        | 8:21        | 34      | 3:17       | 0.70     | 20:23         | 29:07        | 4        | 8:21        | 34      | 3:17       |
| Wechsel Schwim     | 0.05     | 2:24       | 47:59        | 5        | 0:47        | 44      | 1:12       | 0.75     | 22:47         | 30:22        | 4        | 9:02        | 89      | 3:04       |
| Schwimmen Total    | 0.75     | 22:47      | 30:22        | 4        | 9:02        | 89      | 3:04       | 0.75     | 22:47         | 30:22        | 4        | 9:02        | 89      | 3:04       |
| ZZ Rad             | 10.00    | 21:06      | 2:06         | 4        | 1:43        | 29      | 3:38       | 10.75    | 43:53         | 4:04         | 3        | 5:17        | 51      | 1:44       |
| Rad Ende           | 10.00    | 18:02      | 1:48         | 3        | 0:19        | 15      | 3:03       | 20.75    | 1:01:55       | 2:59         | 4        | 13:49       | 89      |            |
| Wechsel Rad-Lau    | 0.05     | 1:04       | 21:19        | 5        | 0:17        | 24      | 0:25       | 20.80    | 1:02:59       | 3:01         | 4        | 14:06       | 89      |            |
| Rad Total          | 20.05    | 40:12      | 2:00         | 4        | 5:04        | 29      | 5:35       | 20.80    | 1:02:59       | 3:01         | 4        | 14:06       | 89      |            |
| ZZ Lauf            | 2.50     | 8:51       | 3:32         | 1        | -           | 1       | -          | 23.30    | 1:11:50       | 3:04         | 3        | 4:16        | 88      |            |
| Lauf               | 2.50     | 9:22       | 3:44         | 1        | -           | 1       | -          | 25.70    | 1:21:12       | 3:09         | 4        | 13:46       | 27      | 17:53      |