



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Stomber, Sebastian

Total time: 1:21:40

Club: VCE Duderstadt

Number: 136

Course: 25.70 km

Rank in course/Total: 31 (of 116)

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

Rank in course/Men: 29 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 5(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.70	19:22	27:40	5	7:20	80	9:43	0.70	19:22	27:40	5	7:20	88	2:16
Schwimmen Net	0.70	19:22	27:40	5	7:20	88	2:16	0.70	19:22	27:40	5	7:20	88	2:16
Wechsel Schwim	0.05	1:57	39:00	3	0:20	24	0:45	0.75	21:19	28:25	5	7:34	88	1:36
Schwimmen Tot	0.75	21:19	28:25	5	7:34	88	1:36	0.75	21:19	28:25	5	7:34	88	1:36
ZZ Rad	10.00	19:23	1:56	1	-	9	1:55	10.75	40:42	3:47	4	2:06	80	
Rad Ende	10.00	17:50	1:46	2	0:07	13	2:51	20.75	58:32	2:49	5	10:26	88	
Wechsel Rad-Lau	0.05	0:56	18:39	2	0:09	12	0:17	20.80	59:28	2:51	5	10:35	88	
Rad Total	20.05	38:09	1:54	2	3:01	16	3:32	20.80	59:28	2:51	5	10:35	88	
ZZ Lauf	2.50	11:09	4:27	4	2:18	26	2:18	23.30	1:10:37	3:01	4	3:03	87	
Lauf	2.50	11:03	4:25	3	1:41	14	1:41	25.70	1:21:40	3:10	5	14:14	29	18:21