



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Ronhardt, Michael

Total time: 1:22:16

Club: Arnsberg

Number: 166

Course: 25.70 km

Rank in course/Total: 35 (of 116)

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

Rank in course/Men: 33 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 8(of 23)

Senioren 2 (45-49 Jahre)

Best time in the category: 1:10:03

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	14:56	21:20	9	2:43	34	5:17	0.70	14:56	21:20	17			84
Schwimmen Net	0.70	14:56	21:20	17		84		0.70	14:56	21:20	17			84
Wechsel Schwim	0.05	2:22	47:19	11	0:57	41	1:10	0.75	17:18	23:03	17			84
Schwimmen Total	0.75	17:18	23:03	17		84		0.75	17:18	23:03	17			84
ZZ Rad	10.00	19:47	1:58	5	1:35	16	2:19	10.75	37:05	3:26	15			76
Rad Ende	10.00	18:48	1:52	7	3:49	22	3:49	20.75	55:53	2:41	17			84
Wechsel Rad-Lau	0.05	1:12	23:59	7	0:25	38	0:33	20.80	57:05	2:44	17			84
Rad Total	20.05	39:47	1:59	8	3:56	27	5:10	20.80	57:05	2:44	17			84
ZZ Lauf	2.50	12:06	4:50	13	2:45	46	3:15	23.30	1:09:11	2:58	17			83
Lauf	2.50	13:05	5:14	16	3:18	60	3:43	25.70	1:22:16	3:12	8	12:13	33	18:57