



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Hennes, Frank

Club: TV Attendorn

Number: 143

Course: 25.70 km

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

Category:

Senioren 2 (45-49 Jahre)

Total time: 1:23:06

Rank in course/Total: 38 (of 116)

Rank in course/Men: 35 (of 92)

Best time in course: 1:03:19

Rank in category: 9(of 23)

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.	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	19:18	27:34	19	7:05	79	9:39	0.70	19:18	27:34	16	4:12	70	2:12
Schwimmen Net	0.70	19:18	27:34	16	4:12	70	2:12	0.70	19:18	27:34	16	4:12	70	2:12
Wechsel Schwim	0.05	2:22	47:19	11	0:57	41	1:10	0.75	21:40	28:53	16	3:38	70	1:57
Schwimmen Total	0.75	21:40	28:53	16	3:38	70	1:57	0.75	21:40	28:53	16	3:38	70	1:57
ZZ Rad	10.00	19:09	1:54	4	0:57	8	1:41	10.75	40:49	3:47	14	1:42	74	
Rad Ende	10.00	17:39	1:45	4	2:40	9	2:40	20.75	58:28	2:49	16	0:24	70	
Wechsel Rad-Lau	0.05	1:30	30:00	15	0:43	61	0:51	20.80	59:58	2:52	16	0:11	70	
Rad Total	20.05	38:18	1:54	5	2:27	17	3:41	20.80	59:58	2:52	16	0:11	70	
ZZ Lauf	2.50	11:22	4:32	7	2:01	33	2:31	23.30	1:11:20	3:03	16		81	
Lauf	2.50	11:46	4:42	10	1:59	36	2:24	25.70	1:23:06	3:14	9	13:03	35	19:47