



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Jachmann, Norbert

Club: SV Bergisch Gladbach Abt. Triathlon

Number: 217

Course: 25.70 km

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

Category:

Senioren 2 (45-49 Jahre)

Total time: 1:24:02

Rank in course/Total: 41 (of 116)

Rank in course/Men: 38 (of 92)

Best time in course: 1:03:19

Rank in category: 10(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen	0.70	14:33	20:47	7	2:20	29	4:54	0.70	14:33	20:47	15			80	
Schwimmen Net	0.70	14:33	20:47	15		80		0.70	14:33	20:47	15			80	
Wechsel Schwim	0.05	3:50	76:40	20	2:25	82	2:38	0.75	18:23	24:30	15	0:21		80	
Schwimmen Total	0.75	18:23	24:30	15	0:21	80		0.75	18:23	24:30	15	0:21		80	
ZZ Rad	10.00	21:29	2:08	9	3:17	31	4:01	10.75	39:52	3:42	10	0:45		68	
Rad Ende	10.00	19:05	1:54	9	4:06	27	4:06	20.75	58:57	2:50	15	0:53		80	
Wechsel Rad-Lau	0.05	1:59	39:39	21	1:12	84	1:20	20.80	1:00:56	2:55	15	1:09		80	
Rad Total	20.05	42:33	2:07	13	6:42	45	7:56	20.80	1:00:56	2:55	15	1:09		80	
ZZ Lauf	2.50	11:29	4:35	9	2:08	36	2:38	23.30	1:12:25	3:06	15	0:27		79	
Lauf	2.50	11:37	4:38	9	1:50	33	2:15	25.70	1:24:02	3:16	10	13:59	38	20:43	