



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

## Detailed evaluation

**Kaiser, Volker**

Club: Hildener AT Triathlon

Number: 206

Course: 25.70 km

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

Category:

Senioren 2 (45-49 Jahre)

**Total time: 1:24:16**

Rank in course/Total: 42 (of 116)

Rank in course/Men: 39 (of 92)

Best time in course: 1:03:19

Rank in category: 11(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	15:21	21:55	12	3:08	38	5:42	0.70	15:21	21:55	3	0:15	31	
Schwimmen Net	0.70	15:21	21:55	3	0:15	31		0.70	15:21	21:55	3	0:15	31	
Wechsel Schwim	0.05	2:43	54:20	15	1:18	61	1:31	0.75	18:04	24:05	14	0:02	78	
Schwimmen Total	0.75	18:04	24:05	14	0:02	78		0.75	18:04	24:05	14	0:02	78	
ZZ Rad	10.00	21:02	2:06	7	2:50	25	3:34	10.75	39:06	3:38	12		70	
Rad Ende	10.00	19:40	1:58	12	4:41	37	4:41	20.75	58:46	2:49	14	0:42	78	
Wechsel Rad-Lau	0.05	1:08	22:39	5	0:21	26	0:29	20.80	59:54	2:52	14	0:07	78	
Rad Total	20.05	41:50	2:05	10	5:59	36	7:13	20.80	59:54	2:52	14	0:07	78	
ZZ Lauf	2.50	11:52	4:44	11	2:31	42	3:01	23.30	1:11:46	3:04	14		77	
Lauf	2.50	12:30	5:00	11	2:43	46	3:08	25.70	1:24:16	3:16	11	14:13	39	20:57