



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

## Detailed evaluation

**Werner, Karsten**

**Total time: 1:24:29**

Club: Witten

Number: 165

Course: 25.70 km

Rank in course/Total: 43 (of 116)

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

Rank in course/Men: 40 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 12(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	15:06	21:34	10	2:53	35	5:27	0.70	15:06	21:34	1	-	77	
Schwimmen Net	0.70	15:06	21:34	1	-	77		0.70	15:06	21:34	1	-	77	
Wechsel Schwim	0.05	2:56	58:39	17	1:31	66	1:44	0.75	18:02	24:02	1	-	77	
Schwimmen Total	0.75	18:02	24:02	1	-	77		0.75	18:02	24:02	1	-	77	
ZZ Rad	10.00	21:05	2:06	8	2:53	28	3:37	10.75	39:07	3:38	1	-	69	
Rad Ende	10.00	18:57	1:53	8	3:58	25	3:58	20.75	58:04	2:47	1	-	77	
Wechsel Rad-Lau	0.05	1:43	34:19	17	0:56	70	1:04	20.80	59:47	2:52	1	-	77	
Rad Total	20.05	41:45	2:04	9	5:54	35	7:08	20.80	59:47	2:52	1	-	77	
ZZ Lauf	2.50	12:11	4:52	14	2:50	47	3:20	23.30	1:11:58	3:05	1	-	76	
Lauf	2.50	12:31	5:00	12	2:44	47	3:09	25.70	1:24:29	3:17	12	14:26	40	21:10