



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Braune, Sascha

Club: Ski & Freizeit

Number: 174

Course: 25.70 km

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

Category:

Senioren 1 (40-44 Jahre)

Total time: 1:25:20

Rank in course/Total: 48 (of 116)

Rank in course/Men: 45 (of 92)

Best time in course: 1:03:19

Rank in category: 9(of 16)

Best time in the category: 1:12:49

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	15:44	22:28	8	2:30	44	6:05	0.70	15:44	22:28	9	2:14	3	
Schwimmen Net	0.70	15:44	22:28	9	2:14	3		0.70	15:44	22:28	9	2:14	3	
Wechsel Schwim	0.05	2:31	50:19	10	1:03	48	1:19	0.75	18:15	24:19	9	3:00	72	
Schwimmen Total	0.75	18:15	24:19	9	3:00	72		0.75	18:15	24:19	9	3:00	72	
ZZ Rad	10.00	21:39	2:09	7	3:26	35	4:11	10.75	39:54	3:42	7	5:25	64	
Rad Ende	10.00	19:22	1:56	7	2:12	33	4:23	20.75	59:16	2:51	9	8:02	20	
Wechsel Rad-Lau	0.05	1:16	25:19	8	0:15	43	0:37	20.80	1:00:32	2:54	9	8:05	72	
Rad Total	20.05	42:17	2:06	8	5:42	40	7:40	20.80	1:00:32	2:54	9	8:05	72	
ZZ Lauf	2.50	12:21	4:56	10	2:21	53	3:30	23.30	1:12:53	3:07	9	10:26	71	
Lauf	2.50	12:27	4:58	8	2:05	45	3:05	25.70	1:25:20	3:19	9	12:31	45	22:01