



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

## Detailed evaluation

Schmitz, Christoph

Club: LAC Veltins Hochsauerland

Number: 101

Course: 25.70 km

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

Category:

AK3 männlich (30-34 Jahre)

Total time: 1:25:35

Rank in course/Total: 50 (of 116)

Rank in course/Men: 47 (of 92)

Best time in course: 1:03:19

Rank in category: 4(of 10)

Best time in the category: 1:05:28

| 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     | 15:25      | 22:01        | 5        | 4:40        | 40      | 5:46       | 0.70     | 15:25         | 22:01        | 4        | 4:40        | 71      |            |
| Schwimmen Net      | 0.70     | 15:25      | 22:01        | 4        | 4:40        | 71      |            | 0.70     | 15:25         | 22:01        | 4        | 4:40        | 71      |            |
| Wechsel Schwim     | 0.05     | 2:41       | 53:39        | 6        | 1:00        | 60      | 1:29       | 0.75     | 18:06         | 24:08        | 4        | 5:40        | 71      |            |
| Schwimmen Total    | 0.75     | 18:06      | 24:08        | 4        | 5:40        | 71      |            | 0.75     | 18:06         | 24:08        | 4        | 5:40        | 71      |            |
| ZZ Rad             | 10.00    | 21:48      | 2:10         | 4        | 2:02        | 41      | 4:20       | 10.75    | 39:54         | 3:42         | 3        | 6:43        | 64      |            |
| Rad Ende           | 10.00    | 19:11      | 1:55         | 3        | 1:20        | 29      | 4:12       | 20.75    | 59:05         | 2:50         | 4        | 12:47       | 71      |            |
| Wechsel Rad-Lau    | 0.05     | 1:22       | 27:19        | 7        | 0:28        | 52      | 0:43       | 20.80    | 1:00:27       | 2:54         | 4        | 13:06       | 71      |            |
| Rad Total          | 20.05    | 42:21      | 2:06         | 4        | 7:26        | 42      | 7:44       | 20.80    | 1:00:27       | 2:54         | 4        | 13:06       | 71      |            |
| ZZ Lauf            | 2.50     | 12:35      | 5:01         | 6        | 1:41        | 60      | 3:44       | 23.30    | 1:13:02       | 3:08         | 3        | 10:04       | 70      |            |
| Lauf               | 2.50     | 12:33      | 5:01         | 5        | 1:15        | 50      | 3:11       | 25.70    | 1:25:35       | 3:19         | 4        | 20:07       | 47      | 22:16      |