



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

## Detailed evaluation

**Jahnert, Christoph**

Club: Hamburger SV Triathlon

Number: 219

Course: 25.70 km

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

Category:

AK3 männlich (30-34 Jahre)

Total time: 1:25:55

Rank in course/Total: 53 (of 116)

Rank in course/Men: 50 (of 92)

Best time in course: 1:03:19

Rank in category: 5(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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen	0.70	15:33	22:12	6	4:48	42	5:54	0.70	15:33	22:12	6	4:48	21		
Schwimmen Net	0.70	15:33	22:12	6	4:48	21		0.70	15:33	22:12	6	4:48	21		
Wechsel Schwim	0.05	2:10	43:19	4	0:29	32	0:58	0.75	17:43	23:37	6	5:17	21		
Schwimmen Tot	0.75	17:43	23:37	6	5:17	21		0.75	17:43	23:37	6	5:17	21		
ZZ Rad	10.00	21:32	2:09	3	1:46	32	4:04	10.75	39:15	3:39	5	6:04	31		
Rad Ende	10.00	19:58	1:59	5	2:07	42	4:59	20.75	59:13	2:51	6	12:55	21		
Wechsel Rad-Lau	0.05	1:22	27:19	7	0:28	52	0:43	20.80	1:00:35	2:54	6	13:14	21		
Rad Total	20.05	42:52	2:08	6	7:57	49	8:15	20.80	1:00:35	2:54	6	13:14	21		
ZZ Lauf	2.50	12:21	4:56	5	1:27	53	3:30	23.30	1:12:56	3:07	5	9:58	22		
Lauf	2.50	12:59	5:11	7	1:41	59	3:37	25.70	1:25:55	3:20	5	20:27	50	22:36	