



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Gülpinarli, Kenan

Total time: 1:26:22

Club: RWE Starlight-Team-Essen

Number: 115

Course: 25.70 km

Rank in course/Total: 55 (of 116)

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

Rank in course/Men: 52 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 7(of 10)

Senioren 3 (50-54 Jahre)

Best time in the category: 1:10:23

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	13:25	19:10	3	0:01	17	3:46	0.70	13:25	19:10	7	0:01	20	
Schwimmen Net	0.70	13:25	19:10	7	0:01	20		0.70	13:25	19:10	7	0:01	20	
Wechsel Schwim	0.05	1:58	39:19	4	0:16	25	0:46	0.75	15:23	20:30	7	0:17	20	
Schwimmen Total	0.75	15:23	20:30	7	0:17	20		0.75	15:23	20:30	7	0:17	20	
ZZ Rad	10.00	23:00	2:17	6	3:11	54	5:32	10.75	38:23	3:34	5	0:06	20	
Rad Ende	10.00	20:53	2:05	7	2:34	53	5:54	20.75	59:16	2:51	7	9:59	20	
Wechsel Rad-Lau	0.05	1:36	32:00	8	0:45	67	0:57	20.80	1:00:52	2:55	7	10:24	20	
Rad Total	20.05	45:29	2:16	9	10:07	66	10:52	20.80	1:00:52	2:55	7	10:24	20	
ZZ Lauf	2.50	12:36	5:02	9	2:58	62	3:45	23.30	1:13:28	3:09	7	13:22	21	
Lauf	2.50	12:54	5:09	8	2:37	56	3:32	25.70	1:26:22	3:21	7	15:59	52	23:03