



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

## Detailed evaluation

**hemscheidt, lukas**

**Total time: 1:25:54**

Club: plettenberg

Number: 199

Course: 25.70 km

Rank in course/Total: 52 (of 116)

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

Rank in course/Men: 49 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 4(of 4)

Junioren (18+19 Jahre)

Best time in the category: 1:03:19

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	15:48	22:34	4	6:09	46	6:09	0.70	15:48	22:34	4	6:09	19	
Schwimmen Net	0.70	15:48	22:34	4	6:09	19		0.70	15:48	22:34	4	6:09	19	
Wechsel Schwim	0.05	2:13	44:20	3	0:50	33	1:01	0.75	18:01	24:01	4	6:59	19	
Schwimmen Total	0.75	18:01	24:01	4	6:59	19		0.75	18:01	24:01	4	6:59	19	
ZZ Rad	10.00	21:43	2:10	4	4:15	39	4:15	10.75	39:44	3:41	4	11:14	19	
Rad Ende	10.00	19:18	1:55	4	2:51	31	4:19	20.75	59:02	2:50	4	14:05	19	
Wechsel Rad-Lau	0.05	1:21	27:00	4	0:39	49	0:42	20.80	1:00:23	2:54	4	14:44	19	
Rad Total	20.05	42:22	2:06	4	7:45	43	7:45	20.80	1:00:23	2:54	4	14:44	19	
ZZ Lauf	2.50	12:25	4:58	3	2:35	55	3:34	23.30	1:12:48	3:07	3	8:31	20	
Lauf	2.50	13:06	5:14	3	2:34	61	3:44	25.70	1:25:54	3:20	4	22:35	49	22:35