



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Lottig, Wilfried

Club: SC Borchen

Number: 192

Course: 25.70 km

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

Category:

Senioren 3 (50-54 Jahre)

Total time: 1:26:23

Rank in course/Total: 56 (of 116)

Rank in course/Men: 53 (of 92)

Best time in course: 1:03:19

Rank in category: 8(of 10)

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.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Schwimmen	0.70	19:03	27:12	9	5:39	76	9:24	0.70	19:03	27:12	8	5:39	18	1:57
Schwimmen Net	0.70	19:03	27:12	8	5:39	18	1:57	0.70	19:03	27:12	8	5:39	18	1:57
Wechsel Schwim	0.05	1:47	35:39	2	0:05	21	0:35	0.75	20:50	27:46	8	5:44	18	1:07
Schwimmen Total	0.75	20:50	27:46	8	5:44	18	1:07	0.75	20:50	27:46	8	5:44	18	1:07
ZZ Rad	10.00	21:41	2:10	4	1:52	38	4:13	10.75	42:31	3:57	6	4:14	18	0:22
Rad Ende	10.00	19:56	1:59	5	1:37	41	4:57	20.75	1:02:27	3:00	8	13:10	18	
Wechsel Rad-Lau	0.05	1:21	27:00	7	0:30	49	0:42	20.80	1:03:48	3:04	8	13:20	18	
Rad Total	20.05	42:58	2:08	6	7:36	50	8:21	20.80	1:03:48	3:04	8	13:20	18	
ZZ Lauf	2.50	11:00	4:24	3	1:22	22	2:09	23.30	1:14:48	3:12	8	14:42	19	
Lauf	2.50	11:35	4:38	6	1:18	32	2:13	25.70	1:26:23	3:21	8	16:00	53	23:04