



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Hellriegel, Björn

Total time: 1:26:47

Club: Köln

Number: 128

Course: 25.70 km

Rank in course/Total: 58 (of 116)

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

Rank in course/Men: 55 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 10(of 16)

Senioren 1 (40-44 Jahre)

Best time in the category: 1:12:49

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	13:59	19:58	5	0:45	21	4:20	0.70	13:59	19:58	10	0:29	16	
Schwimmen Net	0.70	13:59	19:58	10	0:29	16		0.70	13:59	19:58	10	0:29	16	
Wechsel Schwim	0.05	2:44	54:39	12	1:16	62	1:32	0.75	16:43	22:17	10	1:28	16	
Schwimmen Total	0.75	16:43	22:17	10	1:28	16		0.75	16:43	22:17	10	1:28	16	
ZZ Rad	10.00	22:31	2:15	8	4:18	49	5:03	10.75	39:14	3:38	8	4:45	16	
Rad Ende	10.00	20:01	2:00	8	2:51	43	5:02	20.75	59:15	2:51	10	8:01	16	
Wechsel Rad-Lau	0.05	1:36	32:00	12	0:35	67	0:57	20.80	1:00:51	2:55	10	8:24	16	
Rad Total	20.05	44:08	2:12	10	7:33	57	9:31	20.80	1:00:51	2:55	10	8:24	16	
ZZ Lauf	2.50	12:30	5:00	11	2:30	57	3:39	23.30	1:13:21	3:08	10	10:54	17	
Lauf	2.50	13:26	5:22	12	3:04	69	4:04	25.70	1:26:47	3:22	10	13:58	55	23:28