



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

## Detailed evaluation

**Bruch, Guido**

**Total time: 1:27:27**

Club: Turnverein Griesenbrauck

Number: 154

Course: 25.70 km

Rank in course/Total: 60 (of 116)

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

Rank in course/Men: 57 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 9(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	19:30	27:51	10	6:06	82	9:51	0.70	19:30	27:51	9	6:06	15	2:24
Schwimmen Net	0.70	19:30	27:51	9	6:06	15	2:24	0.70	19:30	27:51	9	6:06	15	2:24
Wechsel Schwim	0.05	2:27	49:00	7	0:45	45	1:15	0.75	21:57	29:15	9	6:51	15	2:14
Schwimmen Total	0.75	21:57	29:15	9	6:51	15	2:14	0.75	21:57	29:15	9	6:51	15	2:14
ZZ Rad	10.00	21:40	2:10	3	1:51	36	4:12	10.75	43:37	4:03	7	5:20	15	1:28
Rad Ende	10.00	19:28	1:56	3	1:09	35	4:29	20.75	1:03:05	3:02	9	13:48	13	0:21
Wechsel Rad-Lau	0.05	0:51	17:00	1	-	8	0:12	20.80	1:03:56	3:04	9	13:28	15	
Rad Total	20.05	41:59	2:05	4	6:37	37	7:22	20.80	1:03:56	3:04	9	13:28	15	
ZZ Lauf	2.50	11:23	4:33	7	1:45	34	2:32	23.30	1:15:19	3:13	9	15:13	15	0:01
Lauf	2.50	12:08	4:51	7	1:51	41	2:46	25.70	1:27:27	3:24	9	17:04	57	24:08