



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Scheffer, Rudolf

Total time: 1:27:25

Club: Ruderclub Sorpesee

Number: 228

Course: 25.70 km

Rank in course/Total: 59 (of 116)

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

Rank in course/Men: 56 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 1(of 4)

Senioren 4 (55-59 Jahre)

Best time in the category: 1:27:25

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 | 17:23 | 24:50 | 2 | 1:39 | 66 | 7:44 | 0.70 | 17:23 | 24:50 | 1 | - | 14 | 0:17 |
| Schwimmen Net | 0.70 | 17:23 | 24:50 | 1 | - | 14 | 0:17 | 0.70 | 17:23 | 24:50 | 1 | - | 14 | 0:17 |
| Wechsel Schwim | 0.05 | 2:57 | 59:00 | 2 | 0:17 | 67 | 1:45 | 0.75 | 20:20 | 27:06 | 1 | - | 14 | 0:37 |
| Schwimmen Total | 0.75 | 20:20 | 27:06 | 1 | - | 14 | 0:37 | 0.75 | 20:20 | 27:06 | 1 | - | 14 | 0:37 |
| ZZ Rad | 10.00 | 21:02 | 2:06 | 1 | - | 25 | 3:34 | 10.75 | 41:22 | 3:50 | 1 | - | 14 | |
| Rad Ende | 10.00 | 19:18 | 1:55 | 1 | - | 31 | 4:19 | 20.75 | 1:00:40 | 2:55 | 1 | - | 14 | |
| Wechsel Rad-Lau | 0.05 | 1:48 | 36:00 | 3 | 0:15 | 75 | 1:09 | 20.80 | 1:02:28 | 3:00 | 1 | - | 14 | |
| Rad Total | 20.05 | 42:08 | 2:06 | 1 | - | 39 | 7:31 | 20.80 | 1:02:28 | 3:00 | 1 | - | 14 | |
| ZZ Lauf | 2.50 | 12:51 | 5:08 | 2 | 1:37 | 65 | 4:00 | 23.30 | 1:15:19 | 3:13 | 1 | - | 15 | 0:01 |
| Lauf | 2.50 | 12:06 | 4:50 | 2 | 0:42 | 40 | 2:44 | 25.70 | 1:27:25 | 3:24 | 1 | - | 56 | 24:06 |