



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

## Detailed evaluation

**Gockel, Marc**

**Total time: 2:26:48**

Club: Tritus SV Neptun Neheim-Hüsten

Number: 309

Course: 55.40 km

Rank in course/Total: 7 (of 86)

Olympische Distanz (1,40-44,00-10,00)

Rank in course/Men: 7 (of 69)

Best time in course: 2:15:45

Category:

Rank in category: 3(of 19)

Senioren 1 (40-44 Jahre)

Best time in the category: 2:21:19

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 nett	1.40	23:56	17:05	2	0:39	8	3:09	1.40	23:56	17:05	18			47
Wechsel S -> R	-	2:06	-	6	0:46	17	0:46	1.40	26:02	18:35	18			47
Schwimmen Total	1.40	26:02	18:35	18		47		1.40	26:02	18:35	18			47
Rad netto	44.00	1:19:58	1:49	4	7:57	13	7:57	45.40	1:46:00	2:20	17			46
Wechsel R -> L	-	1:17	-	5	0:08	13	0:26	45.40	1:47:17	2:21	15			46
Rad Total	44.00	1:21:15	1:50	4	7:44	11	7:44	45.40	1:47:17	2:21	15			46
Lauf	10.00	39:31	3:57	2	1:19	6	2:18	55.40	2:26:48	2:38	3	5:29	7	11:03