7. ITH Hennesee Triathlon

Meschede / 28.06.2014

Detailed evaluation

van Amstel, Marcel

Total time: 2:29:49

Club: x
Number: 307

Course: 55.40 km
Olympische Distanz (1,40-44,00-10,00)

Rank in course/Total: 10 (of 86)
Rank in course/Men: 10 (of 69)
Best time in course: 2:15:45

Category:
Senioren 2 (45-49 Jahre)

Rank in category: 1(of 10)
Best time in the category: 2:29:49

Intermediate times

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
	Stage score							Total ranking						
Schwimmen nett	1.40	21:05	15:03	1	-	2	0:18	1.40	21:05	15:03	1	-	44	
Wechsel S -> R	-	2:13	-	1	-	21	0:53	1.40	23:18	16:38	1	-	44	
Schwimmen Tota	1.40	23:18	16:38	1	-	44		1.40	23:18	16:38	1	-	44	
Rad netto	44.00	1:21:14	1:50	1	-	18	9:13	45.40	1:44:32	2:18	1	-	34	
Wechsel R -> L	-	1:39	-	4	0:20	35	0:48	45.40	1:46:11	2:20	1	-	33	
Rad Total	44.00	1:22:53	1:53	1	-	18	9:22	45.40	1:46:11	2:20	1	-	33	
Lauf	10.00	43:38	4:21	1	-	16	6:25	55.40	2:29:49	2:42	1	-	10	14:04