



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

## Detailed evaluation

**Gerling, Martin**

**Total time: 2:31:16**

Club: RC Sorpesee

Number: 306

Course: 55.40 km

Rank in course/Total: 12 (of 86)

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

Rank in course/Men: 12 (of 69)

Best time in course: 2:15:45

Category:

Rank in category: 3(of 10)

AK4 männlich (35-39 Jahre)

Best time in the category: 2:15:45

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	22:52	16:20	2	2:05	5	2:05	1.40	22:52	16:20	3	2:05	42	
Wechsel S -> R	-	1:53	-	2	0:10	9	0:33	1.40	24:45	17:40	3	2:00	42	
Schwimmen Total	1.40	24:45	17:40	3	2:00	42		1.40	24:45	17:40	3	2:00	42	
Rad netto	44.00	1:20:29	1:49	4	5:51	15	8:28	45.40	1:45:14	2:19	3	7:51	41	
Wechsel R -> L	-	1:20	-	4	0:14	17	0:29	45.40	1:46:34	2:20	3	8:02	41	
Rad Total	44.00	1:21:49	1:51	4	6:02	14	8:18	45.40	1:46:34	2:20	3	8:02	41	
Lauf	10.00	44:42	4:28	4	7:29	20	7:29	55.40	2:31:16	2:43	3	15:31	12	15:31