



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

## Detailed evaluation

**Siekmann, Sascha**

Club: Iserlohner Tri Team

Number: 359

Course: 55.40 km

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

Category:

Senioren 1 (40-44 Jahre)

Total time: 2:32:07

Rank in course/Total: 13 (of 86)

Rank in course/Men: 13 (of 69)

Best time in course: 2:15:45

Rank in category: 5(of 19)

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	24:24	17:25	3	1:07	9	3:37	1.40	24:24	17:25	16		41	
Wechsel S -> R	-	2:14	-	7	0:54	23	0:54	1.40	26:38	19:01	16		41	
Schwimmen Total	1.40	26:38	19:01	16		41		1.40	26:38	19:01	16		41	
Rad netto	44.00	1:22:02	1:51	6	10:01	19	10:01	45.40	1:48:40	2:23	15		40	
Wechsel R -> L	-	1:17	-	5	0:08	13	0:26	45.40	1:49:57	2:25	13		40	
Rad Total	44.00	1:23:19	1:53	6	9:48	19	9:48	45.40	1:49:57	2:25	13		40	
Lauf	10.00	42:10	4:13	6	3:58	12	4:57	55.40	2:32:07	2:44	5	10:48	13	16:22