



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

## Detailed evaluation

**Haupt, Heinz-Holger**

**Total time: 2:36:14**

Club: Tritus SV Neptun Neheim-Hüsten

Number: 388

Course: 55.40 km

Rank in course/Total: 18 (of 86)

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

Rank in course/Men: 18 (of 69)

Best time in course: 2:15:45

Category:

Rank in category: 4(of 12)

Senioren 3 (50-54 Jahre)

Best time in the category: 2:27:55

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	25:08	17:57	3	0:05	15	4:21	1.40	25:08	17:57	4	0:03	37		
Wechsel S -> R	-	2:08	-	3	0:08	19	0:48	1.40	27:16	19:28	4	0:11	37		
Schwimmen Total	1.40	27:16	19:28	4	0:11	37		1.40	27:16	19:28	4	0:11	37		
Rad netto	44.00	1:22:52	1:52	4	8:13	24	10:51	45.40	1:50:08	2:25	4	8:24	36		
Wechsel R -> L	-	1:19	-	2	0:08	15	0:28	45.40	1:51:27	2:27	4	8:32	36		
Rad Total	44.00	1:24:11	1:54	4	8:21	23	10:40	45.40	1:51:27	2:27	4	8:32	36		
Lauf	10.00	44:47	4:28	3	1:06	24	7:34	55.40	2:36:14	2:49	4	8:19	18	20:29	