



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 | |