



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

Detailed evaluation

Wüster, Bernd

Total time: 2:37:28

Club: Tri Power Rhein-Sieg

Number: 335

Course: 55.40 km

Rank in course/Total: 21 (of 86)

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

Rank in course/Men: 21 (of 69)

Best time in course: 2:15:45

Category:

Rank in category: 1(of 5)

Senioren 4 (55-59 Jahre)

Best time in the category: 2:37:28

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	22:29	16:03	1	-	3	1:42	1.40	22:29	16:03	1	-	52	
Wechsel S -> R	-	2:20	-	2	0:17	29	1:00	1.40	24:49	17:43	1	-	68	
Schwimmen Total	1.40	24:49	17:43	1	-	68		1.40	24:49	17:43	1	-	68	
Rad netto	44.00	1:23:32	1:53	1	-	26	11:31	45.40	1:48:21	2:23	1	-	53	
Wechsel R -> L	-	1:45	-	3	0:07	44	0:54	45.40	1:50:06	2:25	1	-	43	
Rad Total	44.00	1:25:17	1:56	1	-	26	11:46	45.40	1:50:06	2:25	1	-	43	
Lauf	10.00	47:22	4:44	2	8:46	35	10:09	55.40	2:37:28	2:50	1	-	21	21:43