



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

## Detailed evaluation

**Orlowski, Carsten**

**Total time: 2:38:30**

Club: Aqua-Sports Plettenberg

Number: 347

Course: 55.40 km

Rank in course/Total: 24 (of 86)

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

Rank in course/Men: 24 (of 69)

Best time in course: 2:15:45

Category:

Rank in category: 9(of 19)

Senioren 1 (40-44 Jahre)

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	26:01	18:34	4	2:44	18	5:14	1.40	26:01	18:34	12		64	
Wechsel S -> R	-	1:20	-	1	-	1	-	1.40	27:21	19:32	12		64	
Schwimmen Total	1.40	27:21	19:32	12		64		1.40	27:21	19:32	12		64	
Rad netto	44.00	1:22:42	1:52	8	10:41	22	10:41	45.40	1:50:03	2:25	11		58	
Wechsel R -> L	-	1:23	-	8	0:14	19	0:32	45.40	1:51:26	2:27	9		56	
Rad Total	44.00	1:24:05	1:54	8	10:34	21	10:34	45.40	1:51:26	2:27	9		56	
Lauf	10.00	47:04	4:42	12	8:52	34	9:51	55.40	2:38:30	2:51	9	17:11	24	22:45