



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

Detailed evaluation

Koch, Lars

Total time: 2:42:23

Club: Team Magic

Number: 325

Course: 55.40 km

Rank in course/Total: 27 (of 86)

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

Rank in course/Men: 27 (of 69)

Best time in course: 2:15:45

Category:

Rank in category: 2(of 5)

AK3 männlich (30-34 Jahre)

Best time in the category: 2:33:45

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	28:28	20:19	3	2:17	36	7:41	1.40	28:28	20:19	2	0:07	53	1:24
Wechsel S -> R	-	2:22	-	4	0:32	30	1:02	1.40	30:50	22:01	2	0:30	53	1:28
Schwimmen Total	1.40	30:50	22:01	2	0:30	53	1:28	1.40	30:50	22:01	2	0:30	53	1:28
Rad netto	44.00	1:24:49	1:55	2	4:14	30	12:48	45.40	1:55:39	2:32	2	4:44	60	
Wechsel R -> L	-	1:43	-	4	0:30	42	0:52	45.40	1:57:22	2:35	2	5:03	58	
Rad Total	44.00	1:26:32	1:57	2	4:33	31	13:01	45.40	1:57:22	2:35	2	5:03	58	
Lauf	10.00	45:01	4:30	3	3:35	28	7:48	55.40	2:42:23	2:55	2	8:38	27	26:38