



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

Detailed evaluation

Kiefer, Markus

Total time: 2:45:39

Club: Soester Tri Team

Number: 384

Course: 55.40 km

Rank in course/Total: 31 (of 86)

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

Rank in course/Men: 31 (of 69)

Best time in course: 2:15:45

Category:

Rank in category: 7(of 10)

AK4 männlich (35-39 Jahre)

Best time in the category: 2:15:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	1.40	27:41	19:46	6	6:54	30	6:54	1.40	27:41	19:46	6	6:54	59	0:37
Wechsel S -> R	-	2:36	-	8	0:53	38	1:16	1.40	30:17	21:37	6	7:32	59	0:55
Schwimmen Total	1.40	30:17	21:37	6	7:32	59	0:55	1.40	30:17	21:37	6	7:32	59	0:55
Rad netto	44.00	1:25:32	1:56	6	10:54	32	13:31	45.40	1:55:49	2:33	8	18:26	64	
Wechsel R -> L	-	1:37	-	6	0:31	32	0:46	45.40	1:57:26	2:35	6	18:54	59	
Rad Total	44.00	1:27:09	1:58	6	11:22	32	13:38	45.40	1:57:26	2:35	6	18:54	59	
Lauf	10.00	48:13	4:49	8	11:00	37	11:00	55.40	2:45:39	2:59	7	29:54	31	29:54