



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

Detailed evaluation

Prünfte, Kai

Total time: 2:45:26

Club: Triathlon TEAM TG Witten

Number: 391

Course: 55.40 km

Rank in course/Total: 30 (of 86)

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

Rank in course/Men: 30 (of 69)

Best time in course: 2:15:45

Category:

Rank in category: 2(of 10)

Senioren 2 (45-49 Jahre)

Best time in the category: 2:29:49

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	26:18	18:47	3	5:13	22	5:31	1.40	26:18	18:47	2	5:13	58	
Wechsel S -> R	-	2:23	-	3	0:10	33	1:03	1.40	28:41	20:29	2	5:23	58	
Schwimmen Total	1.40	28:41	20:29	2	5:23	58		1.40	28:41	20:29	2	5:23	58	
Rad netto	44.00	1:30:43	2:03	5	9:29	47	18:42	45.40	1:59:24	2:37	2	14:52	62	
Wechsel R -> L	-	1:19	-	1	-	15	0:28	45.40	2:00:43	2:39	2	14:32	55	
Rad Total	44.00	1:32:02	2:05	5	9:09	45	18:31	45.40	2:00:43	2:39	2	14:32	55	
Lauf	10.00	44:43	4:28	2	1:05	21	7:30	55.40	2:45:26	2:59	2	15:37	30	29:41