



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

Detailed evaluation

Horstkemper, Ralf

Total time: 2:45:52

Club: TV Einigkeit Langenberg

Number: 353

Course: 55.40 km

Rank in course/Total: 32 (of 86)

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

Rank in course/Men: 32 (of 69)

Best time in course: 2:15:45

Category:

Rank in category: 8(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	25:47	18:25	3	5:00	16	5:00	1.40	25:47	18:25	7	5:00	57	
Wechsel S -> R	-	2:44	-	10	1:01	42	1:24	1.40	28:31	20:22	7	5:46	57	
Schwimmen Total	1.40	28:31	20:22	7	5:46	57		1.40	28:31	20:22	7	5:46	57	
Rad netto	44.00	1:27:00	1:58	7	12:22	35	14:59	45.40	1:55:31	2:32	6	18:08	54	
Wechsel R -> L	-	1:40	-	8	0:34	37	0:49	45.40	1:57:11	2:34	8	18:39	63	
Rad Total	44.00	1:28:40	2:00	7	12:53	34	15:09	45.40	1:57:11	2:34	8	18:39	63	
Lauf	10.00	48:41	4:52	9	11:28	40	11:28	55.40	2:45:52	2:59	8	30:07	32	30:07