



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

Detailed evaluation

Cabello, Oliver

Total time: 2:43:58

Club: Tri-Cops Warstein

Number: 378

Course: 55.40 km

Rank in course/Total: 28 (of 86)

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

Rank in course/Men: 28 (of 69)

Best time in course: 2:15:45

Category:

Rank in category: 6(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	29:26	21:01	8	8:39	41	8:39	1.40	29:26	21:01	8	8:39	56	2:22
Wechsel S -> R	-	1:58	-	3	0:15	11	0:38	1.40	31:24	22:25	8	8:39	56	2:02
Schwimmen Total	1.40	31:24	22:25	8	8:39	56	2:02	1.40	31:24	22:25	8	8:39	56	2:02
Rad netto	44.00	1:27:36	1:59	8	12:58	39	15:35	45.40	1:59:00	2:37	9	21:37	65	
Wechsel R -> L	-	1:07	-	2	0:01	4	0:16	45.40	2:00:07	2:38	9	21:35	66	
Rad Total	44.00	1:28:43	2:00	8	12:56	35	15:12	45.40	2:00:07	2:38	9	21:35	66	
Lauf	10.00	43:51	4:23	3	6:38	19	6:38	55.40	2:43:58	2:57	6	28:13	28	28:13