



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

## Detailed evaluation

krebs, marco

Total time: 2:48:38

Club: marathon soest

Number: 360

Course: 55.40 km

Rank in course/Total: 39 (of 86)

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

Rank in course/Men: 38 (of 69)

Best time in course: 2:15:45

Category:

Rank in category: 12(of 19)

Senioren 1 (40-44 Jahre)

Best time in the category: 2:21:19

Intermediate times				Stage score				Total ranking						
Control	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	29:53	21:20	14	6:36	48	9:06	1.40	29:53	21:20	9	0:51	18	2:49
Wechsel S -> R	-	2:46	-	12	1:26	43	1:26	1.40	32:39	23:19	9	1:03	18	3:17
Schwimmen Total	1.40	32:39	23:19	9	1:03	18	3:17	1.40	32:39	23:19	9	1:03	18	3:17
Rad netto	44.00	1:24:58	1:55	12	12:57	31	12:57	45.40	1:57:37	2:35	8		15	
Wechsel R -> L	-	1:25	-	10	0:16	24	0:34	45.40	1:59:02	2:37	17		64	
Rad Total	44.00	1:26:23	1:57	12	12:52	30	12:52	45.40	1:59:02	2:37	17		64	
Lauf	10.00	49:36	4:57	14	11:24	47	12:23	55.40	2:48:38	3:02	12	27:19	38	32:53