



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

Detailed evaluation

Kersten, Frank

Club: SCC Scharmede

Number: 397

Course: 55.40 km

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

Category:

Senioren 3 (50-54 Jahre)

Total time: 2:47:57

Rank in course/Total: 37 (of 86)

Rank in course/Men: 36 (of 69)

Best time in course: 2:15:45

Rank in category: 6(of 12)

Best time in the category: 2:27:55

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Schwimmen nett	1.40	29:16	20:54	7	4:13	40	8:29	1.40	29:16	20:54	7	4:11	17	2:12
Wechsel S -> R	-	2:59	-	6	0:59	47	1:39	1.40	32:15	23:02	7	5:10	17	2:53
Schwimmen Total	1.40	32:15	23:02	7	5:10	17	2:53	1.40	32:15	23:02	7	5:10	17	2:53
Rad netto	44.00	1:30:31	2:03	8	15:52	45	18:30	45.40	2:02:46	2:42	7	21:02	14	3:12
Wechsel R -> L	-	1:30	-	3	0:19	26	0:39	45.40	2:04:16	2:44	12	21:21	68	
Rad Total	44.00	1:32:01	2:05	8	16:11	44	18:30	45.40	2:04:16	2:44	12	21:21	68	
Lauf	10.00	43:41	4:22	1	-	17	6:28	55.40	2:47:57	3:01	6	20:02	36	32:12