



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

Detailed evaluation

Modro, Harald

Total time: 2:51:09

Club: SV 13 Gladbeck

Number: 345

Course: 55.40 km

Rank in course/Total: 42 (of 86)

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

Rank in course/Men: 40 (of 69)

Best time in course: 2:15:45

Category:

Rank in category: 13(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.	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	26:30	18:55	7	3:13	23	5:43	1.40	26:30	18:55	7			13	
Wechsel S -> R	-	2:19	-	9	0:59	27	0:59	1.40	28:49	20:35	7			13	
Schwimmen Total	1.40	28:49	20:35	7		13		1.40	28:49	20:35	7			13	
Rad netto	44.00	1:33:20	2:07	17	21:19	50	21:19	45.40	2:02:09	2:41	19	3:38	67	2:35	
Wechsel R -> L	-	1:15	-	4	0:06	12	0:24	45.40	2:03:24	2:43	6	2:47	6		
Rad Total	44.00	1:34:35	2:08	16	21:04	49	21:04	45.40	2:03:24	2:43	6	2:47	6		
Lauf	10.00	47:45	4:46	13	9:33	36	10:32	55.40	2:51:09	3:05	13	29:50	40	35:24	