



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

## Detailed evaluation

**Thiesmann, Uwe**

**Total time: 2:52:00**

Club: LTV Lippstadt Triathlon

Number: 371

Course: 55.40 km

Rank in course/Total: 45 (of 86)

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

Rank in course/Men: 42 (of 69)

Best time in course: 2:15:45

Category:

Rank in category: 4(of 10)

Senioren 2 (45-49 Jahre)

Best time in the category: 2:29:49

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	34:44	24:48	9	13:39	61	13:57	1.40	34:44	24:48	4	13:39	12	7:40
Wechsel S -> R	-	2:53	-	6	0:40	44	1:33	1.40	37:37	26:52	4	14:19	12	8:15
Schwimmen Total	1.40	37:37	26:52	4	14:19	12	8:15	1.40	37:37	26:52	4	14:19	12	8:15
Rad netto	44.00	1:24:04	1:54	2	2:50	29	12:03	45.40	2:01:41	2:40	4	17:09	11	2:07
Wechsel R -> L	-	1:42	-	5	0:23	39	0:51	45.40	2:03:23	2:43	4	17:12	7	
Rad Total	44.00	1:25:46	1:56	2	2:53	28	12:15	45.40	2:03:23	2:43	4	17:12	7	
Lauf	10.00	48:37	4:51	3	4:59	39	11:24	55.40	2:52:00	3:06	4	22:11	42	36:15