



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

Detailed evaluation

Jungesblut, Frank

Total time: 2:55:43

Club: Tri Team Selm

Number: 328

Course: 55.40 km

Rank in course/Total: 50 (of 86)

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

Rank in course/Men: 45 (of 69)

Best time in course: 2:15:45

Category:

Rank in category: 15(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	27:04	19:20	9	3:47	28	6:17	1.40	27:04	19:20	6		1	-
Wechsel S -> R	-	2:18	-	8	0:58	26	0:58	1.40	29:22	20:58	6		1	-
Schwimmen Total	1.40	29:22	20:58	6		1	-	1.40	29:22	20:58	6		1	-
Rad netto	44.00	1:31:08	2:04	16	19:07	49	19:07	45.40	2:00:30	2:39	6	1:59	9	0:56
Wechsel R -> L	-	1:09	-	1	-	6	0:18	45.40	2:01:39	2:40	5	1:02	8	
Rad Total	44.00	1:32:17	2:05	15	18:46	46	18:46	45.40	2:01:39	2:40	5	1:02	8	
Lauf	10.00	54:04	5:24	18	15:52	58	16:51	55.40	2:55:43	3:10	15	34:24	45	39:58