



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

Detailed evaluation

Dastis, Götz

Total time: 2:58:56

Club: Berlin
Number: 317

Course: 55.40 km
Olympische Distanz (1,40-44,00-10,00)

Rank in course/Total: 53 (of 86)

Rank in course/Men: 48 (of 69)

Best time in course: 2:15:45

Category:
Senioren 3 (50-54 Jahre)

Rank in category: 8(of 12)

Best time in the category: 2:27:55

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	29:28	21:02	8	4:25	42	8:41	1.40	29:28	21:02	9	4:23	4	2:24
Wechsel S -> R	-	3:09	-	9	1:09	50	1:49	1.40	32:37	23:17	9	5:32	4	3:15
Schwimmen Total	1.40	32:37	23:17	9	5:32	4	3:15	1.40	32:37	23:17	9	5:32	4	3:15
Rad netto	44.00	1:35:00	2:09	10	20:21	52	22:59	45.40	2:07:37	2:48	9	25:53	4	8:03
Wechsel R -> L	-	2:12	-	10	1:01	56	1:21	45.40	2:09:49	2:51	7	26:54	13	
Rad Total	44.00	1:37:12	2:12	10	21:22	52	23:41	45.40	2:09:49	2:51	7	26:54	13	
Lauf	10.00	49:07	4:54	9	5:26	44	11:54	55.40	2:58:56	3:13	8	31:01	48	43:11