



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

## Detailed evaluation

Montag, Christian

Total time: 3:00:04

Club: SSC Hochdahl

Number: 356

Course: 55.40 km

Rank in course/Total: 57 (of 86)

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

Rank in course/Men: 51 (of 69)

Best time in course: 2:15:45

Category:

Rank in category: 18(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	1.40	34:55	24:56	19	11:38	62	14:08	1.40	34:55	24:56	3	5:53	3	7:51
Wechsel S -> R	-	4:38	-	18	3:18	66	3:18	1.40	39:33	28:15	3	7:57	3	10:11
Schwimmen Total	1.40	39:33	28:15	3	7:57	3	10:11	1.40	39:33	28:15	3	7:57	3	10:11
Rad netto	44.00	1:33:23	2:07	18	21:22	51	21:22	45.40	2:12:56	2:55	3	14:25	3	13:22
Wechsel R -> L	-	2:22	-	16	1:13	60	1:31	45.40	2:15:18	2:58	3	14:41	14	1:25
Rad Total	44.00	1:35:45	2:10	18	22:14	51	22:14	45.40	2:15:18	2:58	3	14:41	14	1:25
Lauf	10.00	44:46	4:28	9	6:34	23	7:33	55.40	3:00:04	3:15	18	38:45	51	44:19