



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

Detailed evaluation

Seebothe, Thomas

Total time: 3:07:34

Club: Paderborn

Number: 350

Course: 55.40 km

Rank in course/Total: 69 (of 86)

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

Rank in course/Men: 58 (of 69)

Best time in course: 2:15:45

Category:

Rank in category: 2(of 2)

AK2 männlich (25-29 Jahre)

Best time in the category: 2:22:48

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Schwimmen nett	1.40	32:16	23:02	2	9:18	57	11:29	1.40	32:16	23:02	2	9:18	33	5:12
Wechsel S -> R	-	2:54	-	2	1:20	45	1:34	1.40	35:10	25:07	2	10:38	33	5:48
Schwimmen Total	1.40	35:10	25:07	2	10:38	33	5:48	1.40	35:10	25:07	2	10:38	33	5:48
Rad netto	44.00	1:41:10	2:17	2	25:13	62	29:09	45.40	2:16:20	3:00	2	35:51	20	16:46
Wechsel R -> L	-	1:41	-	2	0:34	38	0:50	45.40	2:18:01	3:02	2	36:25	19	4:08
Rad Total	44.00	1:42:51	2:20	2	25:47	62	29:20	45.40	2:18:01	3:02	2	36:25	19	4:08
Lauf	10.00	49:33	4:57	2	8:21	45	12:20	55.40	3:07:34	3:23	2	44:46	58	51:49