



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

Detailed evaluation

Gassner, Djahan

Total time: 3:07:32

Club: Team Erdinger Alkoholfrei

Number: 321

Course: 55.40 km

Rank in course/Total: 66 (of 86)

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

Rank in course/Men: 56 (of 69)

Best time in course: 2:15:45

Category:

Rank in category: 8(of 10)

Senioren 2 (45-49 Jahre)

Best time in the category: 2:29:49

Control	Intermediate times				Stage score				Total ranking					
	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	29:50	21:18	7	8:45	46	9:03	1.40	29:50	21:18	7	8:45	32	2:46
Wechsel S -> R	-	2:13	-	1	-	21	0:53	1.40	32:03	22:53	7	8:45	32	2:41
Schwimmen Total	1.40	32:03	22:53	7	8:45	32	2:41	1.40	32:03	22:53	7	8:45	32	2:41
Rad netto	44.00	1:37:49	2:13	9	16:35	59	25:48	45.40	2:09:52	2:51	6	25:20	21	10:18
Wechsel R -> L	-	2:09	-	8	0:50	55	1:18	45.40	2:12:01	2:54	7	25:50	20	
Rad Total	44.00	1:39:58	2:16	9	17:05	58	26:27	45.40	2:12:01	2:54	7	25:50	20	
Lauf	10.00	55:31	5:33	7	11:53	61	18:18	55.40	3:07:32	3:23	8	37:43	56	51:47