



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

## Detailed evaluation

**Roters, Heinrich**

**Total time: 3:07:35**

Club: DJK TRI Rhede

Number: 331

Course: 55.40 km

Rank in course/Total: 70 (of 86)

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

Rank in course/Men: 59 (of 69)

Best time in course: 2:15:45

Category:

Rank in category: 2(of 5)

Senioren 4 (55-59 Jahre)

Best time in the category: 2:37:28

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	33:54	24:12	3	11:25	60	13:07	1.40	33:54	24:12	2	11:25	31	6:50
Wechsel S -> R	-	3:15	-	4	1:12	53	1:55	1.40	37:09	26:32	2	12:20	31	7:47
Schwimmen Total	1.40	37:09	26:32	2	12:20	31	7:47	1.40	37:09	26:32	2	12:20	31	7:47
Rad netto	44.00	1:49:44	2:29	5	26:12	68	37:43	45.40	2:26:53	3:14	2	38:32	22	27:19
Wechsel R -> L	-	2:06	-	5	0:28	53	1:15	45.40	2:28:59	3:16	2	38:53	21	15:06
Rad Total	44.00	1:51:50	2:32	5	26:33	68	38:19	45.40	2:28:59	3:16	2	38:53	21	15:06
Lauf	10.00	38:36	3:51	1	-	3	1:23	55.40	3:07:35	3:23	2	30:07	59	51:50