



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

Detailed evaluation

Dastis, Ralf-Ulrich

Total time: 3:06:58

Club: Dortmund

Number: 396

Course: 55.40 km

Rank in course/Total: 65 (of 86)

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

Rank in course/Men: 55 (of 69)

Best time in course: 2:15:45

Category:

Rank in category: 7(of 10)

Senioren 2 (45-49 Jahre)

Best time in the category: 2:29:49

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	29:48	21:17	6	8:43	45	9:01	1.40	29:48	21:17	8	8:43	30	2:44
Wechsel S -> R	-	3:52	-	9	1:39	59	2:32	1.40	33:40	24:02	8	10:22	30	4:18
Schwimmen Total	1.40	33:40	24:02	8	10:22	30	4:18	1.40	33:40	24:02	8	10:22	30	4:18
Rad netto	44.00	1:36:59	2:12	8	15:45	57	24:58	45.40	2:10:39	2:52	7	26:07	23	11:05
Wechsel R -> L	-	1:26	-	3	0:07	25	0:35	45.40	2:12:05	2:54	8	25:54	22	
Rad Total	44.00	1:38:25	2:14	7	15:32	57	24:54	45.40	2:12:05	2:54	8	25:54	22	
Lauf	10.00	54:53	5:29	5	11:15	59	17:40	55.40	3:06:58	3:22	7	37:09	55	51:13