



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

Detailed evaluation

Kern, Alexander

Total time: 3:47:04

Club: onation

Number: 367

Course: 55.40 km

Rank in course/Total: 83 (of 86)

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

Rank in course/Men: 69 (of 69)

Best time in course: 2:15:45

Category:

Rank in category: 5(of 5)

AK3 männlich (30-34 Jahre)

Best time in the category: 2:33:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	1.40	38:24	27:25	5	12:13	66	17:37	1.40	38:24	27:25	5	10:03	20	11:20
Wechsel S -> R	-	4:47	-	5	2:57	67	3:27	1.40	43:11	30:50	5	12:51	20	13:49
Schwimmen Total	1.40	43:11	30:50	5	12:51	20	13:49	1.40	43:11	30:50	5	12:51	20	13:49
Rad netto	44.00	2:01:47	2:46	5	41:12	69	49:46	45.40	2:44:58	3:38	4	54:03	33	45:24
Wechsel R -> L	-	3:33	-	5	2:20	68	2:42	45.40	2:48:31	3:42	5	56:12	32	34:38
Rad Total	44.00	2:05:20	2:50	5	43:21	69	51:49	45.40	2:48:31	3:42	5	56:12	32	34:38
Lauf	10.00	58:33	5:51	5	17:07	67	21:20	55.40	3:47:04	4:05	5	1:13:19	69	1:31:19