



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

Detailed evaluation

Lingenauber, Adrian

Total time: 10:19

Club: TV Arnsberg

Number: 11

Course: 1.94 km

Rank in course/Total: 7 (of 20)

Kindertriathlon (0,04-1,50-0,40)

Rank in course/Men: 4 (of 11)

Best time in course: 7:48

Category:

Rank in category: 3(of 5)

männliche Schüler A (12+13 Jahre)

Best time in the category: 7:48

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	0.04	0:59	24:34	3	0:12	4	0:12	0.04	0:59	24:34	3	0:12	4	0:12
Wechsel S -> R	-	2:38	-	4	1:18	8	1:18	0.04	3:37	90:25	3	1:30	4	1:30
Schwimmen Total	0.04	3:37	90:25	3	1:30	4	1:30	0.04	3:37	90:25	3	1:30	4	1:30
Rad netto	1.50	3:13	2:08	2	0:16	3	0:16	1.54	6:50	4:26	3	1:46	4	1:46
Wechsel R -> L	-	0:58	-	5	0:21	9	0:21	1.54	7:48	5:03	3	2:07	4	2:07
Rad Total	1.50	4:11	2:47	2	0:37	4	0:37	1.54	7:48	5:03	3	2:07	4	2:07
Lauf	0.40	2:31	6:17	3	0:24	5	0:24	1.94	10:19	5:19	3	2:31	4	2:31