



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

Detailed evaluation

Siepe, Volker

Total time: 2:21:19

Club: Hildener AT Triathlon

Number: 315

Course: 55.40 km

Rank in course/Total: 3 (of 86)

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

Rank in course/Men: 3 (of 69)

Best time in course: 2:15:45

Category:

Rank in category: 1(of 19)

Senioren 1 (40-44 Jahre)

Best time in the category: 2:21:19

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	26:13	18:43	5	2:56	20	5:26	1.40	26:13	18:43	11			51
Wechsel S -> R	-	1:52	-	3	0:32	8	0:32	1.40	28:05	20:03	11			51
Schwimmen Total	1.40	28:05	20:03	11		51		1.40	28:05	20:03	11			51
Rad netto	44.00	1:12:01	1:38	1	-	1	-	45.40	1:40:06	2:12	10			50
Wechsel R -> L	-	1:30	-	11	0:21	26	0:39	45.40	1:41:36	2:14	8			49
Rad Total	44.00	1:13:31	1:40	1	-	1	-	45.40	1:41:36	2:14	8			49
Lauf	10.00	39:43	3:58	3	1:31	7	2:30	55.40	2:21:19	2:33	1	-	3	5:34