



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Middelberg, Rick

Total time: 1:32:04

Club: BSV Holzhausen

Number: 173

Course: 25.70 km

Rank in course/Total: 69 (of 113)

Volksdistanz (0,70-20,00-5,00)

Rank in course/Men: 55 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 7(of 10)

AK1 männlich (20-24 Jahre)

Best time in the category: 1:04:55

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	0.70	20:43	29:35	9	11:23	79	11:25	0.70	20:43	29:35	9	11:23	79	11:25
Wechsel S -> R	-	3:29	-	8	1:53	63	1:56	0.70	24:12	34:34	9	13:16	78	13:16
Schwimmen Total	0.70	24:12	34:34	9	13:16	78	13:16	0.70	24:12	34:34	9	13:16	78	13:16
Rad netto	20.00	43:40	2:10	7	8:50	52	9:53	20.70	1:07:52	3:16	9	22:06	67	23:08
Wechsel R -> L	-	1:18	-	6	0:15	7	0:15	20.70	1:09:10	3:20	8	22:21	59	23:15
Rad Total	20.00	44:58	2:14	7	9:05	50	10:00	20.70	1:09:10	3:20	8	22:21	59	23:15
Lauf	5.00	22:54	4:34	8	4:48	42	5:26	25.70	1:32:04	3:34	7	27:09	55	28:09