



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

## Detailed evaluation

**Gockel, Marc**

**Total time: 2:32:41**

Club: Tritus SV Neptun Neheim-Hüsten

Number: 310

Course: 55.40 km

Rank in course/Total: 4 (of 87)

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

Rank in course/Men: 4 (of 74)

Best time in course: 2:25:03

Category:

Rank in category: 4(of 22)

Senioren 2 (45-49 Jahre)

Best time in the category: 2:25:03

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Schwimmen nett	1.40	23:49	17:00	5	8:51	10	8:51	1.40	23:49	17:00	5	8:51	10	8:51
Wechsel S -> R	-	2:55	-	7	0:57	16	0:57	1.40	26:44	19:05	3	2:03	7	2:48
Schwimmen Total	1.40	26:44	19:05	3	2:03	7	2:48	1.40	26:44	19:05	3	2:03	7	2:48
Rad netto	44.00	1:22:30	1:52	4	2:49	10	1:22:28	45.40	1:49:14	2:24	4	4:29	7	1:23:39
Wechsel R -> L	-	1:55	-	5	0:29	9	0:29	45.40	1:51:09	2:26	4	4:57	4	4:57
Rad Total	44.00	1:24:25	1:55	4	3:12	5	3:12	45.40	1:51:09	2:26	4	4:57	4	4:57
Lauf	10.00	41:32	4:09	2	2:41	3	2:41	55.40	2:32:41	2:45	4	7:38	4	7:38