



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Helle, Dietmar

Club: TUS GW Allagen

Number: 101

Course: 25.70 km

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

Category:

Senioren 2 (45-49 Jahre)

Total time: 1:34:11

Rank in course/Total: 77 (of 113)

Rank in course/Men: 62 (of 87)

Best time in course: 1:03:55

Rank in category: 10(of 14)

Best time in the category: 1:15:39

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	21:48	31:08	13	8:35	85	12:30	0.70	21:48	31:08	13	8:35	85	12:30
Wechsel S -> R	-	3:12	-	8	0:56	51	1:39	0.70	25:00	35:42	13	9:24	83	14:04
Schwimmen Total	0.70	25:00	35:42	13	9:24	83	14:04	0.70	25:00	35:42	13	9:24	83	14:04
Rad netto	20.00	42:01	2:06	7	5:46	45	8:14	20.70	1:07:01	3:14	12	14:14	61	22:17
Wechsel R -> L	-	2:16	-	10	0:52	65	1:13	20.70	1:09:17	3:20	11	14:34	61	23:22
Rad Total	20.00	44:17	2:12	7	6:06	45	9:19	20.70	1:09:17	3:20	11	14:34	61	23:22
Lauf	5.00	24:54	4:58	8	3:58	59	7:26	25.70	1:34:11	3:39	10	18:32	62	30:16