



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Bruch, Guido

Total time: 1:27:28

Club: Turnverein Griesenbrauck

Number: 192

Course: 25.70 km

Rank in course/Total: 55 (of 113)

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

Rank in course/Men: 45 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 2(of 4)

Senioren 4 (55-59 Jahre)

Best time in the category: 1:25:35

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	18:32	26:28	4	3:28	71	9:14	0.70	18:32	26:28	4	3:28	71	9:14
Wechsel S -> R	-	2:31	-	2	0:02	25	0:58	0.70	21:03	30:04	3	3:01	60	10:07
Schwimmen Total	0.70	21:03	30:04	3	3:01	60	10:07	0.70	21:03	30:04	3	3:01	60	10:07
Rad netto	20.00	41:13	2:03	2	0:38	41	7:26	20.70	1:02:16	3:00	2	1:00	48	17:32
Wechsel R -> L	-	1:29	-	1	-	19	0:26	20.70	1:03:45	3:04	2	0:44	47	17:50
Rad Total	20.00	42:42	2:08	2	0:22	37	7:44	20.70	1:03:45	3:04	2	0:44	47	17:50
Lauf	5.00	23:43	4:44	2	1:09	49	6:15	25.70	1:27:28	3:24	2	1:53	45	23:33