



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Nickeleit-Risse, Ulrich

Total time: 1:35:33

Club: Energeticum Lippstadt

Number: 114

Course: 25.70 km

Rank in course/Total: 82 (of 113)

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

Rank in course/Men: 67 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 11(of 15)

Senioren 3 (50-54 Jahre)

Best time in the category: 1:10:04

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.70	19:36	28:00	14	7:54	77	10:18	0.70	19:36	28:00	14	7:54	77	10:18
Wechsel S -> R	-	3:54	-	12	1:40	74	2:21	0.70	23:30	33:34	11	9:06	74	12:34
Schwimmen Total	0.70	23:30	33:34	11	9:06	74	12:34	0.70	23:30	33:34	11	9:06	74	12:34
Rad netto	20.00	46:48	2:20	13	12:29	71	13:01	20.70	1:10:18	3:23	13	21:04	74	25:34
Wechsel R -> L	-	1:55	-	5	0:32	43	0:52	20.70	1:12:13	3:29	12	21:36	73	26:18
Rad Total	20.00	48:43	2:26	13	13:01	68	13:45	20.70	1:12:13	3:29	12	21:36	73	26:18
Lauf	5.00	23:20	4:39	7	3:53	47	5:52	25.70	1:35:33	3:43	11	25:29	67	31:38