



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Gerold, Jörn

Total time: 1:36:08

Club: TUS Velmede-Bestwig

Number: 169

Course: 25.70 km

Rank in course/Total: 84 (of 113)

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

Rank in course/Men: 68 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 9(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.	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	17:03	24:21	7	7:43	57	7:45	0.70	17:03	24:21	7	7:43	57	7:45
Wechsel S -> R	-	4:08	-	10	2:32	76	2:35	0.70	21:11	30:15	8	10:15	62	10:15
Schwimmen Total	0.70	21:11	30:15	8	10:15	62	10:15	0.70	21:11	30:15	8	10:15	62	10:15
Rad netto	20.00	44:59	2:14	8	10:09	60	11:12	20.70	1:06:10	3:11	7	20:24	60	21:26
Wechsel R -> L	-	2:36	-	10	1:33	75	1:33	20.70	1:08:46	3:19	7	21:57	58	22:51
Rad Total	20.00	47:35	2:22	8	11:42	60	12:37	20.70	1:08:46	3:19	7	21:57	58	22:51
Lauf	5.00	27:22	5:28	10	9:16	74	9:54	25.70	1:36:08	3:44	9	31:13	68	32:13