



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Rettler, Janis

Total time: 1:36:35

Club: Löschgruppe Remblinghausen

Number: 220

Course: 25.70 km

Rank in course/Total: 87 (of 113)

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

Rank in course/Men: 70 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 10(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.70	21:25	30:35	10	12:05	80	12:07	0.70	21:25	30:35	10	12:05	80	12:07
Wechsel S -> R	-	2:53	-	7	1:17	35	1:20	0.70	24:18	34:42	10	13:22	79	13:22
Schwimmen Total	0.70	24:18	34:42	10	13:22	79	13:22	0.70	24:18	34:42	10	13:22	79	13:22
Rad netto	20.00	49:49	2:29	10	14:59	78	16:02	20.70	1:14:07	3:34	10	28:21	80	29:23
Wechsel R -> L	-	1:10	-	2	0:07	2	0:07	20.70	1:15:17	3:38	10	28:28	79	29:22
Rad Total	20.00	50:59	2:32	10	15:06	75	16:01	20.70	1:15:17	3:38	10	28:28	79	29:22
Lauf	5.00	21:18	4:15	6	3:12	19	3:50	25.70	1:36:35	3:45	10	31:40	70	32:40