



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Jahn, Klaus

Club: HSC08 HAMM

Number: 259

Course: 25.70 km

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

Category:

Senioren 5 (60-64 Jahre)

Total time: 1:37:37

Rank in course/Total: 90 (of 113)

Rank in course/Men: 72 (of 87)

Best time in course: 1:03:55

Rank in category: 4(of 6)

Best time in the category: 1:17:28

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Schwimmen nett	0.70	16:45	23:55	4	3:45	54	7:27	0.70	16:45	23:55	4	3:45	54	7:27
Wechsel S -> R	-	3:30	-	5	1:21	64	1:57	0.70	20:15	28:55	4	5:06	53	9:19
Schwimmen Total	0.70	20:15	28:55	4	5:06	53	9:19	0.70	20:15	28:55	4	5:06	53	9:19
Rad netto	20.00	45:54	2:17	4	6:59	64	12:07	20.70	1:06:09	3:11	4	12:05	58	21:25
Wechsel R -> L	-	2:17	-	4	0:40	66	1:14	20.70	1:08:26	3:18	4	12:44	56	22:31
Rad Total	20.00	48:11	2:24	4	7:38	64	13:13	20.70	1:08:26	3:18	4	12:44	56	22:31
Lauf	5.00	29:11	5:50	4	7:25	77	11:43	25.70	1:37:37	3:47	4	20:09	72	33:42