



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Biermann, Stephan

Total time: 2:39:58

Club: NRW TV e.V.

Number: 397

Course: 55.40 km

Rank in course/Total: 9 (of 87)

Olympische Distanz (1,40-44,00-10,00)

Rank in course/Men: 9 (of 74)

Best time in course: 2:25:03

Category:

Rank in category: 5(of 22)

Senioren 2 (45-49 Jahre)

Best time in the category: 2:25:03

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	1.40	26:48	19:08	8	11:50	26	11:50	1.40	26:48	19:08	8	11:50	26	11:50
Wechsel S -> R	-	2:29	-	4	0:31	6	0:31	1.40	29:17	20:55	6	4:36	13	5:21
Schwimmen Total	1.40	29:17	20:55	6	4:36	13	5:21	1.40	29:17	20:55	6	4:36	13	5:21
Rad netto	44.00	1:25:07	1:56	5	5:26	13	1:25:05	45.40	1:54:24	2:31	5	9:39	16	1:28:49
Wechsel R -> L	-	1:39	-	3	0:13	4	0:13	45.40	1:56:03	2:33	5	9:51	12	9:51
Rad Total	44.00	1:26:46	1:58	5	5:33	10	5:33	45.40	1:56:03	2:33	5	9:51	12	9:51
Lauf	10.00	43:55	4:23	4	5:04	6	5:04	55.40	2:39:58	2:53	5	14:55	9	14:55