



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

## Detailed evaluation

**Althoff, Markus**

**Total time: 2:45:57**

Club: OTV Endurance Team

Number: 376

Course: 55.40 km

Rank in course/Total: 15 (of 87)

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

Rank in course/Men: 15 (of 74)

Best time in course: 2:25:03

Category:

Rank in category: 6(of 22)

Senioren 2 (45-49 Jahre)

Best time in the category: 2:25:03

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total       |               |                 | Total ranking |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|---------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat.   | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Schwimmen nett  | 1.40        | 23:43         | 16:56           | 4           | 8:45           | 9           | 8:45          | 1.40        | 23:43         | 16:56           | 4             | 8:45           | 9          | 8:45          |
| Wechsel S -> R  | -           | 3:11          | -               | 8           | 1:13           | 27          | 1:13          | 1.40        | 26:54         | 19:12           | 4             | 2:13           | 8          | 2:58          |
| Schwimmen Total | 1.40        | 26:54         | 19:12           | 4           | 2:13           | 8           | 2:58          | 1.40        | 26:54         | 19:12           | 4             | 2:13           | 8          | 2:58          |
| Rad netto       | 44.00       | 1:28:06       | 2:00            | 6           | 8:25           | 24          | 1:28:04       | 45.40       | 1:55:00       | 2:31            | 6             | 10:15          | 17         | 1:29:25       |
| Wechsel R -> L  | -           | 2:52          | -               | 15          | 1:26           | 54          | 1:26          | 45.40       | 1:57:52       | 2:35            | 6             | 11:40          | 15         | 11:40         |
| Rad Total       | 44.00       | 1:30:58       | 2:04            | 6           | 9:45           | 22          | 9:45          | 45.40       | 1:57:52       | 2:35            | 6             | 11:40          | 15         | 11:40         |
| Lauf            | 10.00       | 48:05         | 4:48            | 9           | 9:14           | 31          | 9:14          | 55.40       | 2:45:57       | 2:59            | 6             | 20:54          | 15         | 20:54         |