



# 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 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	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