



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Krois, Dietmar

Total time: 2:46:24

Club: SC Borcheln

Number: 360

Course: 55.40 km

Rank in course/Total: 19 (of 87)

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

Rank in course/Men: 19 (of 74)

Best time in course: 2:25:03

Category:

Rank in category: 1(of 9)

Senioren 4 (55-59 Jahre)

Best time in the category: 2:46:24

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	30:12	21:34	8	4:01	56	15:14	1.40	30:12	21:34	8	4:01	56	15:14
Wechsel S -> R	-	3:10	-	3	0:24	26	1:12	1.40	33:22	23:50	7	3:16	49	9:26
Schwimmen Total	1.40	33:22	23:50	7	3:16	49	9:26	1.40	33:22	23:50	7	3:16	49	9:26
Rad netto	44.00	1:25:34	1:56	2	1:25:32	14	1:25:32	45.40	1:58:56	2:37	3	1:23:40	23	1:33:21
Wechsel R -> L	-	2:19	-	5	0:26	30	0:53	45.40	2:01:15	2:40	2	0:27	20	15:03
Rad Total	44.00	1:27:53	1:59	2	0:08	13	6:40	45.40	2:01:15	2:40	2	0:27	20	15:03
Lauf	10.00	45:09	4:30	2	0:42	15	6:18	55.40	2:46:24	3:00	1	-	19	21:21