



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

## Detailed evaluation

**Gießau, Reiner**

**Total time: 2:46:49**

Club: Soester Tri Team

Number: 327

Course: 55.40 km

Rank in course/Total: 20 (of 87)

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

Rank in course/Men: 20 (of 74)

Best time in course: 2:25:03

Category:

Rank in category: 2(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	29:54	21:21	6	3:43	52	14:56	1.40	29:54	21:21	6	3:43	52	14:56
Wechsel S -> R	-	3:09	-	2	0:23	25	1:11	1.40	33:03	23:36	5	2:57	44	9:07
Schwimmen Total	1.40	33:03	23:36	5	2:57	44	9:07	1.40	33:03	23:36	5	2:57	44	9:07
Rad netto	44.00	1:25:36	1:56	3	1:25:34	15	1:25:34	45.40	1:58:39	2:36	2	1:23:23	22	1:33:04
Wechsel R -> L	-	2:09	-	2	0:16	19	0:43	45.40	2:00:48	2:39	1	-	19	14:36
Rad Total	44.00	1:27:45	1:59	1	-	12	6:32	45.40	2:00:48	2:39	1	-	19	14:36
Lauf	10.00	46:01	4:36	3	1:34	20	7:10	55.40	2:46:49	3:00	2	0:25	20	21:46