



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Hakenberg, Udo

Total time: 1:47:22

Club: TG Voerde

Number: 175

Course: 25.70 km

Rank in course/Total: 104 (of 113)

Volksdistanz (0,70-20,00-5,00)

Rank in course/Men: 80 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 12(of 14)

Senioren 2 (45-49 Jahre)

Best time in the category: 1:15:39

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	0.70	24:26	34:54	14	11:13	87	15:08	0.70	24:26	34:54	14	11:13	87	15:08
Wechsel S -> R	-	3:35	-	12	1:19	68	2:02	0.70	28:01	40:01	14	12:25	86	17:05
Schwimmen Total	0.70	28:01	40:01	14	12:25	86	17:05	0.70	28:01	40:01	14	12:25	86	17:05
Rad netto	20.00	50:50	2:32	13	14:35	81	17:03	20.70	1:18:51	3:48	13	26:04	84	34:07
Wechsel R -> L	-	2:30	-	11	1:06	74	1:27	20.70	1:21:21	3:55	13	26:38	84	35:26
Rad Total	20.00	53:20	2:40	13	15:09	81	18:22	20.70	1:21:21	3:55	13	26:38	84	35:26
Lauf	5.00	26:01	5:12	10	5:05	67	8:33	25.70	1:47:22	4:10	12	31:43	80	43:27