



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Silkenbeumer, Christian

Total time: 2:47:59

Club: BSG Berufsfeuerwehr Münster

Number: 317

Course: 55.40 km

Rank in course/Total: 21 (of 87)

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

Rank in course/Men: 21 (of 74)

Best time in course: 2:25:03

Category:

Rank in category: 1(of 5)

AK3 männlich (30-34 Jahre)

Best time in the category: 2:47:59

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Schwimmen nett | 1.40 | 29:50 | 21:18 | 4 | 4:02 | 48 | 14:52 | 1.40 | 29:50 | 21:18 | 4 | 4:02 | 48 | 14:52 |
| Wechsel S -> R | - | 4:35 | - | 3 | 0:43 | 57 | 2:37 | 1.40 | 34:25 | 24:34 | 5 | 3:20 | 53 | 10:29 |
| Schwimmen Total | 1.40 | 34:25 | 24:34 | 5 | 3:20 | 53 | 10:29 | 1.40 | 34:25 | 24:34 | 5 | 3:20 | 53 | 10:29 |
| Rad netto | 44.00 | 1:25:55 | 1:57 | 1 | - | 16 | 1:25:53 | 45.40 | 2:00:20 | 2:39 | 1 | - | 29 | 1:34:45 |
| Wechsel R -> L | - | 2:11 | - | 1 | - | 22 | 0:45 | 45.40 | 2:02:31 | 2:41 | 1 | - | 24 | 16:19 |
| Rad Total | 44.00 | 1:28:06 | 2:00 | 1 | - | 14 | 6:53 | 45.40 | 2:02:31 | 2:41 | 1 | - | 24 | 16:19 |
| Lauf | 10.00 | 45:28 | 4:32 | 1 | - | 16 | 6:37 | 55.40 | 2:47:59 | 3:01 | 1 | - | 21 | 22:56 |