



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Bergmann, Helmut

Total time: 2:50:36

Club: Marathon Soest e.V.

Number: 357

Course: 55.40 km

Rank in course/Total: 24 (of 87)

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

Rank in course/Men: 24 (of 74)

Best time in course: 2:25:03

Category:

Rank in category: 1(of 2)

Senioren 5 (60-64 Jahre)

Best time in the category: 2:50:36

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	26:02	18:35	1	-	17	11:04	1.40	26:02	18:35	1	-	17	11:04
Wechsel S -> R	-	4:13	-	1	-	52	2:15	1.40	30:15	21:36	1	-	22	6:19
Schwimmen Total	1.40	30:15	21:36	1	-	22	6:19	1.40	30:15	21:36	1	-	22	6:19
Rad netto	44.00	1:32:32	2:06	1	-	41	1:32:30	45.40	2:02:47	2:42	1	-	38	1:37:12
Wechsel R -> L	-	2:53	-	1	-	55	1:27	45.40	2:05:40	2:46	1	-	36	19:28
Rad Total	44.00	1:35:25	2:10	1	-	41	14:12	45.40	2:05:40	2:46	1	-	36	19:28
Lauf	10.00	44:56	4:29	1	-	13	6:05	55.40	2:50:36	3:04	1	-	24	25:33