



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Keil, Oliver

Total time: 2:50:58

Club: Waldseehaie Langen

Number: 361

Course: 55.40 km

Rank in course/Total: 26 (of 87)

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

Rank in course/Men: 25 (of 74)

Best time in course: 2:25:03

Category:

Rank in category: 5(of 15)

Senioren 3 (50-54 Jahre)

Best time in the category: 2:37:17

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	27:50	19:52	7	4:26	35	12:52	1.40	27:50	19:52	7	4:26	35	12:52
Wechsel S -> R	-	2:34	-	2	0:05	8	0:36	1.40	30:24	21:42	6	3:14	23	6:28
Schwimmen Total	1.40	30:24	21:42	6	3:14	23	6:28	1.40	30:24	21:42	6	3:14	23	6:28
Rad netto	44.00	1:31:04	2:04	9	11:04	40	1:31:02	45.40	2:01:28	2:40	6	11:48	32	1:35:53
Wechsel R -> L	-	2:02	-	3	0:24	11	0:36	45.40	2:03:30	2:43	6	11:51	28	17:18
Rad Total	44.00	1:33:06	2:06	7	11:07	34	11:53	45.40	2:03:30	2:43	6	11:51	28	17:18
Lauf	10.00	47:28	4:44	3	2:35	26	8:37	55.40	2:50:58	3:05	5	13:41	25	25:55