



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Menzel, Wilfried

Total time: 2:53:43

Club: Tricops Warstein

Number: 381

Course: 55.40 km

Rank in course/Total: 33 (of 87)

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

Rank in course/Men: 33 (of 74)

Best time in course: 2:25:03

Category:

Rank in category: 4(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	27:18	19:30	2	1:07	27	12:20	1.40	27:18	19:30	2	1:07	27	12:20
Wechsel S -> R	-	3:37	-	5	0:51	33	1:39	1.40	30:55	22:05	2	0:49	29	6:59
Schwimmen Total	1.40	30:55	22:05	2	0:49	29	6:59	1.40	30:55	22:05	2	0:49	29	6:59
Rad netto	44.00	1:29:07	2:01	4	1:29:05	27	1:29:05	45.40	2:00:02	2:38	4	1:24:46	26	1:34:27
Wechsel R -> L	-	2:12	-	3	0:19	23	0:46	45.40	2:02:14	2:41	3	1:26	23	16:02
Rad Total	44.00	1:31:19	2:04	3	3:34	23	10:06	45.40	2:02:14	2:41	3	1:26	23	16:02
Lauf	10.00	51:29	5:08	4	7:02	45	12:38	55.40	2:53:43	3:08	4	7:19	33	28:40