



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

## Detailed evaluation

**Köhler, Holger**

**Total time: 2:54:55**

Club: Tri-Cops Warstein

Number: 322

Course: 55.40 km

Rank in course/Total: 35 (of 87)

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

Rank in course/Men: 35 (of 74)

Best time in course: 2:25:03

Category:

Rank in category: 5(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	26:11	18:42	1	-	18	11:13	1.40	26:11	18:42	1	-	18	11:13
Wechsel S -> R	-	3:55	-	7	1:09	40	1:57	1.40	30:06	21:30	1	-	21	6:10
Schwimmen Total	1.40	30:06	21:30	1	-	21	6:10	1.40	30:06	21:30	1	-	21	6:10
Rad netto	44.00	1:30:08	2:02	5	1:30:06	33	1:30:06	45.40	2:00:14	2:38	5	1:24:58	28	1:34:39
Wechsel R -> L	-	2:44	-	7	0:51	46	1:18	45.40	2:02:58	2:42	4	2:10	27	16:46
Rad Total	44.00	1:32:52	2:06	4	5:07	32	11:39	45.40	2:02:58	2:42	4	2:10	27	16:46
Lauf	10.00	51:57	5:11	5	7:30	46	13:06	55.40	2:54:55	3:09	5	8:31	35	29:52