



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

## Detailed evaluation

**Poschmann, Mike**

**Total time: 2:58:52**

Club: bikeattackoberberg

Number: 346

Course: 55.40 km

Rank in course/Total: 40 (of 87)

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

Rank in course/Men: 40 (of 74)

Best time in course: 2:25:03

Category:

Rank in category: 11(of 22)

Senioren 2 (45-49 Jahre)

Best time in the category: 2:25:03

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	29:10	20:50	15	14:12	43	14:12	1.40	29:10	20:50	15	14:12	43	14:12
Wechsel S -> R	-	2:50	-	5	0:52	13	0:52	1.40	32:00	22:51	12	7:19	36	8:04
Schwimmen Total	1.40	32:00	22:51	12	7:19	36	8:04	1.40	32:00	22:51	12	7:19	36	8:04
Rad netto	44.00	1:33:52	2:07	11	14:11	47	1:33:50	45.40	2:05:52	2:46	12	21:07	46	1:40:17
Wechsel R -> L	-	2:06	-	6	0:40	13	0:40	45.40	2:07:58	2:49	11	21:46	42	21:46
Rad Total	44.00	1:35:58	2:10	11	14:45	43	14:45	45.40	2:07:58	2:49	11	21:46	42	21:46
Lauf	10.00	50:54	5:05	13	12:03	43	12:03	55.40	2:58:52	3:13	11	33:49	40	33:49