



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Thinay, Dominik

Total time: 3:06:47

Club: TSV Korbach 1850/09 e.V.

Number: 419

Course: 55.40 km

Rank in course/Total: 56 (of 87)

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

Rank in course/Men: 53 (of 74)

Best time in course: 2:25:03

Category:

Rank in category: 5(of 5)

Senioren 1 (40-44 Jahre)

Best time in the category: 2:40:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	1.40	28:02	20:01	4	1:27	38	13:04	1.40	28:02	20:01	4	1:27	38	13:04
Wechsel S -> R	-	4:47	-	5	2:12	60	2:49	1.40	32:49	23:26	5	2:54	43	8:53
Schwimmen Total	1.40	32:49	23:26	5	2:54	43	8:53	1.40	32:49	23:26	5	2:54	43	8:53
Rad netto	44.00	1:28:52	2:01	5	7:07	26	1:28:50	45.40	2:01:41	2:40	5	9:12	34	1:36:06
Wechsel R -> L	-	3:54	-	5	1:48	67	2:28	45.40	2:05:35	2:45	5	11:00	34	19:23
Rad Total	44.00	1:32:46	2:06	5	8:06	31	11:33	45.40	2:05:35	2:45	5	11:00	34	19:23
Lauf	10.00	1:01:12	6:07	5	15:21	67	22:21	55.40	3:06:47	3:22	5	26:21	53	41:44