



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Ebel, Franz-Josef Ebel

Total time: 3:09:27

Club: Trisport Menden

Number: 318

Course: 55.40 km

Rank in course/Total: 62 (of 87)

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

Rank in course/Men: 57 (of 74)

Best time in course: 2:25:03

Category:

Rank in category: 12(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	30:30	21:47	13	7:06	59	15:32	1.40	30:30	21:47	13	7:06	59	15:32
Wechsel S -> R	-	5:52	-	14	3:23	70	3:54	1.40	36:22	25:58	13	9:12	61	12:26
Schwimmen Total	1.40	36:22	25:58	13	9:12	61	12:26	1.40	36:22	25:58	13	9:12	61	12:26
Rad netto	44.00	1:32:59	2:06	10	12:59	44	1:32:57	45.40	2:09:21	2:50	11	19:41	54	1:43:46
Wechsel R -> L	-	3:46	-	14	2:08	65	2:20	45.40	2:13:07	2:55	11	21:28	53	26:55
Rad Total	44.00	1:36:45	2:11	10	14:46	46	15:32	45.40	2:13:07	2:55	11	21:28	53	26:55
Lauf	10.00	56:20	5:38	13	11:27	58	17:29	55.40	3:09:27	3:25	12	32:10	57	44:24