



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

## Detailed evaluation

**Woiwode, Robin**

**Total time: 3:10:00**

Club: Team Erdinger Alkoholfrei

Number: 379

Course: 55.40 km

Rank in course/Total: 63 (of 87)

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

Rank in course/Men: 58 (of 74)

Best time in course: 2:25:03

Category:

Rank in category: 6(of 7)

AK4 männlich (35-39 Jahre)

Best time in the category: 2:34:06

### 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	32:50	23:27	6	9:52	64	17:52	1.40	32:50	23:27	6	9:52	64	17:52
Wechsel S -> R	-	4:55	-	6	2:08	61	2:57	1.40	37:45	26:57	6	12:00	65	13:49
Schwimmen Total	1.40	37:45	26:57	6	12:00	65	13:49	1.40	37:45	26:57	6	12:00	65	13:49
Rad netto	44.00	1:47:51	2:27	7	1:47:47	71	1:47:49	45.40	2:25:36	3:12	7	1:39:23	70	2:00:01
Wechsel R -> L	-	2:35	-	5	0:28	44	1:09	45.40	2:28:11	3:15	6	33:59	67	41:59
Rad Total	44.00	1:50:26	2:30	6	25:33	68	29:13	45.40	2:28:11	3:15	6	33:59	67	41:59
Lauf	10.00	41:49	4:10	2	2:16	5	2:58	55.40	3:10:00	3:25	6	35:54	58	44:57