



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Richter, Arndt

Total time: 1:26:15

Club: LC Wiedenbrück

Number: 196

Course: 25.70 km

Rank in course/Total: 52 (of 113)

Volksdistanz (0,70-20,00-5,00)

Rank in course/Men: 43 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 9(of 15)

Senioren 3 (50-54 Jahre)

Best time in the category: 1:10:04

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	0.70	15:18	21:51	6	3:36	39	6:00	0.70	15:18	21:51	6	3:36	39	6:00
Wechsel S -> R	-	2:51	-	4	0:37	34	1:18	0.70	18:09	25:55	6	3:45	37	7:13
Schwimmen Total	0.70	18:09	25:55	6	3:45	37	7:13	0.70	18:09	25:55	6	3:45	37	7:13
Rad netto	20.00	42:43	2:08	8	8:24	48	8:56	20.70	1:00:52	2:56	8	11:38	41	16:08
Wechsel R -> L	-	2:24	-	11	1:01	71	1:21	20.70	1:03:16	3:03	8	12:39	44	17:21
Rad Total	20.00	45:07	2:15	9	9:25	52	10:09	20.70	1:03:16	3:03	8	12:39	44	17:21
Lauf	5.00	22:59	4:35	6	3:32	43	5:31	25.70	1:26:15	3:21	9	16:11	43	22:20