



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Gerdes, Jens

Total time: 3:14:22

Club: Tri-As Hamm

Number: 347

Course: 55.40 km

Rank in course/Total: 68 (of 87)

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

Rank in course/Men: 61 (of 74)

Best time in course: 2:25:03

Category:

Rank in category: 4(of 5)

AK3 männlich (30-34 Jahre)

Best time in the category: 2:47:59

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	25:48	18:25	1	-	16	10:50	1.40	25:48	18:25	1	-	16	10:50
Wechsel S -> R	-	5:17	-	5	1:25	66	3:19	1.40	31:05	22:12	1	-	31	7:09
Schwimmen Total	1.40	31:05	22:12	1	-	31	7:09	1.40	31:05	22:12	1	-	31	7:09
Rad netto	44.00	1:44:12	2:22	4	18:17	68	1:44:10	45.40	2:15:17	2:58	4	14:57	62	1:49:42
Wechsel R -> L	-	2:44	-	4	0:33	46	1:18	45.40	2:18:01	3:02	4	15:30	59	31:49
Rad Total	44.00	1:46:56	2:25	5	18:50	66	25:43	45.40	2:18:01	3:02	4	15:30	59	31:49
Lauf	10.00	56:21	5:38	5	10:53	60	17:30	55.40	3:14:22	3:30	4	26:23	61	49:19