



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Brägas, Matthias

Total time: 3:15:35

Club: Veltins

Number: 359

Course: 55.40 km

Rank in course/Total: 69 (of 87)

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

Rank in course/Men: 62 (of 74)

Best time in course: 2:25:03

Category:

Rank in category: 5(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.	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	29:50	21:18	4	4:02	48	14:52	1.40	29:50	21:18	4	4:02	48	14:52
Wechsel S -> R	-	4:05	-	2	0:13	45	2:07	1.40	33:55	24:13	4	2:50	50	9:59
Schwimmen Total	1.40	33:55	24:13	4	2:50	50	9:59	1.40	33:55	24:13	4	2:50	50	9:59
Rad netto	44.00	1:44:16	2:22	5	18:21	69	1:44:14	45.40	2:18:11	3:02	5	17:51	69	1:52:36
Wechsel R -> L	-	2:30	-	2	0:19	40	1:04	45.40	2:20:41	3:05	5	18:10	66	34:29
Rad Total	44.00	1:46:46	2:25	4	18:40	65	25:33	45.40	2:20:41	3:05	5	18:10	66	34:29
Lauf	10.00	54:54	5:29	3	9:26	54	16:03	55.40	3:15:35	3:31	5	27:36	62	50:32