



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Riemer, Alexander

Total time: 3:19:09

Club: TSV Hochdahl

Number: 389

Course: 55.40 km

Rank in course/Total: 74 (of 87)

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

Rank in course/Men: 65 (of 74)

Best time in course: 2:25:03

Category:

Rank in category: 14(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.	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	29:53	21:20	11	6:29	50	14:55	1.40	29:53	21:20	11	6:29	50	14:55
Wechsel S -> R	-	5:26	-	13	2:57	68	3:28	1.40	35:19	25:13	12	8:09	58	11:23
Schwimmen Total	1.40	35:19	25:13	12	8:09	58	11:23	1.40	35:19	25:13	12	8:09	58	11:23
Rad netto	44.00	1:40:22	2:16	13	20:22	66	1:40:20	45.40	2:15:41	2:59	13	26:01	64	1:50:06
Wechsel R -> L	-	4:38	-	15	3:00	69	3:12	45.40	2:20:19	3:05	13	28:40	64	34:07
Rad Total	44.00	1:45:00	2:23	14	23:01	64	23:47	45.40	2:20:19	3:05	13	28:40	64	34:07
Lauf	10.00	58:50	5:53	14	13:57	63	19:59	55.40	3:19:09	3:35	14	41:52	65	54:06