



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Sperlich, Karsten

Total time: 2:52:40

Club: HSC TRI Team Hamm

Number: 314

Course: 55.40 km

Rank in course/Total: 29 (of 87)

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

Rank in course/Men: 29 (of 74)

Best time in course: 2:25:03

Category:

Rank in category: 7(of 22)

Senioren 2 (45-49 Jahre)

Best time in the category: 2:25:03

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 | 29:56 | 21:22 | 16 | 14:58 | 53 | 14:58 | 1.40 | 29:56 | 21:22 | 16 | 14:58 | 53 | 14:58 |
| Wechsel S -> R | - | 4:29 | - | 18 | 2:31 | 56 | 2:31 | 1.40 | 34:25 | 24:34 | 15 | 9:44 | 53 | 10:29 |
| Schwimmen Total | 1.40 | 34:25 | 24:34 | 15 | 9:44 | 53 | 10:29 | 1.40 | 34:25 | 24:34 | 15 | 9:44 | 53 | 10:29 |
| Rad netto | 44.00 | 1:29:50 | 2:02 | 7 | 10:09 | 30 | 1:29:48 | 45.40 | 2:04:15 | 2:44 | 9 | 19:30 | 43 | 1:38:40 |
| Wechsel R -> L | - | 2:06 | - | 6 | 0:40 | 13 | 0:40 | 45.40 | 2:06:21 | 2:46 | 8 | 20:09 | 39 | 20:09 |
| Rad Total | 44.00 | 1:31:56 | 2:05 | 7 | 10:43 | 26 | 10:43 | 45.40 | 2:06:21 | 2:46 | 8 | 20:09 | 39 | 20:09 |
| Lauf | 10.00 | 46:19 | 4:37 | 6 | 7:28 | 21 | 7:28 | 55.40 | 2:52:40 | 3:07 | 7 | 27:37 | 29 | 27:37 |