



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Sührer, Maik

Total time: 3:21:19

Club: LTV Lippstadt

Number: 300

Course: 55.40 km

Rank in course/Total: 76 (of 87)

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

Rank in course/Men: 66 (of 74)

Best time in course: 2:25:03

Category:

Rank in category: 2(of 2)

AK1 männlich (20-24 Jahre)

Best time in the category: 2:50:59

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	30:21	21:40	1	-	57	15:23	1.40	30:21	21:40	1	-	57	15:23
Wechsel S -> R	-	3:42	-	1	-	36	1:44	1.40	34:03	24:19	1	-	52	10:07
Schwimmen Total	1.40	34:03	24:19	1	-	52	10:07	1.40	34:03	24:19	1	-	52	10:07
Rad netto	44.00	1:35:29	2:10	2	9:00	53	1:35:27	45.40	2:09:32	2:51	2	7:52	55	1:43:57
Wechsel R -> L	-	1:50	-	1	-	7	0:24	45.40	2:11:22	2:53	2	7:20	50	25:10
Rad Total	44.00	1:37:19	2:12	2	8:28	48	16:06	45.40	2:11:22	2:53	2	7:20	50	25:10
Lauf	10.00	1:09:57	6:59	2	23:00	70	31:06	55.40	3:21:19	3:38	2	30:20	66	56:16