



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

## Detailed evaluation

Lucashen, Marcus

Total time: 3:22:28

Club: Jobware.de

Number: 333

Course: 55.40 km

Rank in course/Total: 77 (of 87)

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

Rank in course/Men: 67 (of 74)

Best time in course: 2:25:03

Category:

Rank in category: 21(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	35:18	25:12	21	20:20	69	20:20	1.40	35:18	25:12	21	20:20	69	20:20
Wechsel S -> R	-	4:00	-	14	2:02	41	2:02	1.40	39:18	28:04	20	14:37	68	15:22
Schwimmen Total	1.40	39:18	28:04	20	14:37	68	15:22	1.40	39:18	28:04	20	14:37	68	15:22
Rad netto	44.00	1:36:12	2:11	18	16:31	57	1:36:10	45.40	2:15:30	2:59	19	30:45	63	1:49:55
Wechsel R -> L	-	3:20	-	19	1:54	63	1:54	45.40	2:18:50	3:03	20	32:38	62	32:38
Rad Total	44.00	1:39:32	2:15	17	18:19	53	18:19	45.40	2:18:50	3:03	20	32:38	62	32:38
Lauf	10.00	1:03:38	6:21	21	24:47	69	24:47	55.40	3:22:28	3:39	21	57:25	67	57:25