



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Gerold, Volker

Total time: 3:02:22

Club: TuS Velmede-Bestwig

Number: 415

Course: 55.40 km

Rank in course/Total: 45 (of 87)

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

Rank in course/Men: 44 (of 74)

Best time in course: 2:25:03

Category:

Rank in category: 12(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.	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	27:58	19:58	13	13:00	37	13:00	1.40	27:58	19:58	13	13:00	37	13:00
Wechsel S -> R	-	5:16	-	20	3:18	65	3:18	1.40	33:14	23:44	14	8:33	47	9:18
Schwimmen Total	1.40	33:14	23:44	14	8:33	47	9:18	1.40	33:14	23:44	14	8:33	47	9:18
Rad netto	44.00	1:30:54	2:03	8	11:13	39	1:30:52	45.40	2:04:08	2:44	8	19:23	42	1:38:33
Wechsel R -> L	-	3:12	-	18	1:46	61	1:46	45.40	2:07:20	2:48	9	21:08	40	21:08
Rad Total	44.00	1:34:06	2:08	8	12:53	37	12:53	45.40	2:07:20	2:48	9	21:08	40	21:08
Lauf	10.00	55:02	5:30	16	16:11	55	16:11	55.40	3:02:22	3:17	12	37:19	44	37:19