



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

## Detailed evaluation

**Quast, Matthias**

**Total time: 1:07:39**

Club: DLC Aachen

Number: 166

Course: 25.70 km

Rank in course/Total: 4 (of 113)

Volksdistanz (0,70-20,00-5,00)

Rank in course/Men: 4 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 2(of 10)

AK1 männlich (20-24 Jahre)

Best time in the category: 1:04:55

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Schwimmen nett	0.70	9:56	14:11	2	0:36	4	0:38	0.70	9:56	14:11	2	0:36	4	0:38
Wechsel S -> R	-	1:38	-	2	0:02	3	0:05	0.70	11:34	16:31	2	0:38	4	0:38
Schwimmen Total	0.70	11:34	16:31	2	0:38	4	0:38	0.70	11:34	16:31	2	0:38	4	0:38
Rad netto	20.00	36:17	1:48	3	1:27	13	2:30	20.70	47:51	2:18	2	2:05	4	3:07
Wechsel R -> L	-	1:12	-	3	0:09	4	0:09	20.70	49:03	2:22	2	2:14	4	3:08
Rad Total	20.00	37:29	1:52	3	1:36	9	2:31	20.70	49:03	2:22	2	2:14	4	3:08
Lauf	5.00	18:36	3:43	2	0:30	5	1:08	25.70	1:07:39	2:37	2	2:44	4	3:44