



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Berg, Stephan

Total time: 1:09:11

Club: 1. Tri-Club Paderborn

Number: 180

Course: 25.70 km

Rank in course/Total: 5 (of 113)

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

Rank in course/Men: 5 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 3(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.70	12:06	17:17	4	2:46	9	2:48	0.70	12:06	17:17	4	2:46	9	2:48
Wechsel S -> R	-	1:51	-	4	0:15	9	0:18	0.70	13:57	19:55	4	3:01	8	3:01
Schwimmen Total	0.70	13:57	19:55	4	3:01	8	3:01	0.70	13:57	19:55	4	3:01	8	3:01
Rad netto	20.00	35:17	1:45	2	0:27	7	1:30	20.70	49:14	2:22	3	3:28	6	4:30
Wechsel R -> L	-	1:18	-	6	0:15	7	0:15	20.70	50:32	2:26	4	3:43	7	4:37
Rad Total	20.00	36:35	1:49	2	0:42	7	1:37	20.70	50:32	2:26	4	3:43	7	4:37
Lauf	5.00	18:39	3:43	3	0:33	6	1:11	25.70	1:09:11	2:41	3	4:16	5	5:16