



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Weier, Ralf

Total time: 1:10:04

Club: Marathon-Club Menden

Number: 167

Course: 25.70 km

Rank in course/Total: 7 (of 113)

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

Rank in course/Men: 7 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 1(of 15)

Senioren 3 (50-54 Jahre)

Best time in the category: 1:10:04

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.70	12:31	17:52	3	0:49	13	3:13	0.70	12:31	17:52	3	0:49	13	3:13
Wechsel S -> R	-	2:24	-	2	0:10	19	0:51	0.70	14:55	21:18	3	0:31	14	3:59
Schwimmen Total	0.70	14:55	21:18	3	0:31	14	3:59	0.70	14:55	21:18	3	0:31	14	3:59
Rad netto	20.00	34:19	1:42	1	-	2	0:32	20.70	49:14	2:22	1	-	6	4:30
Wechsel R -> L	-	1:23	-	1	-	11	0:20	20.70	50:37	2:26	1	-	8	4:42
Rad Total	20.00	35:42	1:47	1	-	2	0:44	20.70	50:37	2:26	1	-	8	4:42
Lauf	5.00	19:27	3:53	1	-	9	1:59	25.70	1:10:04	2:43	1	-	7	6:09