



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Berg, Frank

Total time: 1:12:30

Club: 1. Tri-Club Paderborn

Number: 179

Course: 25.70 km

Rank in course/Total: 10 (of 113)

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

Rank in course/Men: 9 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 2(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.70	12:10	17:22	2	0:28	10	2:52	0.70	12:10	17:22	2	0:28	10	2:52
Wechsel S -> R	-	2:14	-	1	-	15	0:41	0.70	14:24	20:34	1	-	9	3:28
Schwimmen Total	0.70	14:24	20:34	1	-	9	3:28	0.70	14:24	20:34	1	-	9	3:28
Rad netto	20.00	36:14	1:48	2	1:55	11	2:27	20.70	50:38	2:26	2	1:24	11	5:54
Wechsel R -> L	-	1:54	-	4	0:31	41	0:51	20.70	52:32	2:32	2	1:55	13	6:37
Rad Total	20.00	38:08	1:54	2	2:26	16	3:10	20.70	52:32	2:32	2	1:55	13	6:37
Lauf	5.00	19:58	3:59	2	0:31	11	2:30	25.70	1:12:30	2:49	2	2:26	9	8:35