



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Strunz, Dirk

Total time: 1:13:43

Club: Tri sport team verl

Number: 216

Course: 25.70 km

Rank in course/Total: 14 (of 113)

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

Rank in course/Men: 13 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 1(of 7)

Senioren 1 (40-44 Jahre)

Best time in the category: 1:13:43

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	11:31	16:27	1	-	7	2:13	0.70	11:31	16:27	1	-	7	2:13
Wechsel S -> R	-	2:13	-	2	0:28	14	0:40	0.70	13:44	19:37	1	-	7	2:48
Schwimmen Total	0.70	13:44	19:37	1	-	7	2:48	0.70	13:44	19:37	1	-	7	2:48
Rad netto	20.00	37:02	1:51	2	0:52	20	3:15	20.70	50:46	2:27	1	-	13	6:02
Wechsel R -> L	-	1:26	-	1	-	17	0:23	20.70	52:12	2:31	1	-	11	6:17
Rad Total	20.00	38:28	1:55	2	0:32	20	3:30	20.70	52:12	2:31	1	-	11	6:17
Lauf	5.00	21:31	4:18	1	-	20	4:03	25.70	1:13:43	2:52	1	-	13	9:48