



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Krüll, Dennis

Total time: 1:13:59

Club: Team ERDINGER Alkoholfrei

Number: 190

Course: 25.70 km

Rank in course/Total: 15 (of 113)

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

Rank in course/Men: 14 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 2(of 8)

AK3 männlich (30-34 Jahre)

Best time in the category: 1:03:55

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	13:20	19:02	4	3:56	23	4:02	0.70	13:20	19:02	4	3:56	23	4:02
Wechsel S -> R	-	3:59	-	7	2:26	75	2:26	0.70	17:19	24:44	4	6:22	28	6:23
Schwimmen Total	0.70	17:19	24:44	4	6:22	28	6:23	0.70	17:19	24:44	4	6:22	28	6:23
Rad netto	20.00	36:37	1:49	3	2:50	17	2:50	20.70	53:56	2:36	3	9:12	19	9:12
Wechsel R -> L	-	1:40	-	2	0:29	28	0:37	20.70	55:36	2:41	3	9:41	21	9:41
Rad Total	20.00	38:17	1:54	3	3:19	18	3:19	20.70	55:36	2:41	3	9:41	21	9:41
Lauf	5.00	18:23	3:40	2	0:23	4	0:55	25.70	1:13:59	2:52	2	10:04	14	10:04