



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Diecksmeier, Oliver

Total time: 1:15:16

Club: ASC Ahlen

Number: 213

Course: 25.70 km

Rank in course/Total: 18 (of 113)

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

Rank in course/Men: 17 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 2(of 6)

AK4 männlich (35-39 Jahre)

Best time in the category: 1:13:14

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	12:48	18:17	2	1:25	16	3:30	0.70	12:48	18:17	2	1:25	16	3:30
Wechsel S -> R	-	2:40	-	3	0:50	27	1:07	0.70	15:28	22:05	2	2:15	19	4:32
Schwimmen Total	0.70	15:28	22:05	2	2:15	19	4:32	0.70	15:28	22:05	2	2:15	19	4:32
Rad netto	20.00	38:31	1:55	2	2:08	22	4:44	20.70	53:59	2:36	2	4:23	20	9:15
Wechsel R -> L	-	1:28	-	2	0:04	18	0:25	20.70	55:27	2:40	2	4:27	19	9:32
Rad Total	20.00	39:59	1:59	2	2:12	21	5:01	20.70	55:27	2:40	2	4:27	19	9:32
Lauf	5.00	19:49	3:57	1	-	10	2:21	25.70	1:15:16	2:55	2	2:02	17	11:21