



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Arens, Sebastian

Total time: 1:15:23

Club: DLC Aachen

Number: 126

Course: 25.70 km

Rank in course/Total: 19 (of 113)

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

Rank in course/Men: 18 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 6(of 10)

AK1 männlich (20-24 Jahre)

Best time in the category: 1:04:55

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking		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	12:29	17:49	5	3:09	12	3:11	0.70	12:29	17:49	5	3:09	12	3:11
Wechsel S -> R	-	2:24	-	6	0:48	19	0:51	0.70	14:53	21:15	5	3:57	12	3:57
Schwimmen Total	0.70	14:53	21:15	5	3:57	12	3:57	0.70	14:53	21:15	5	3:57	12	3:57
Rad netto	20.00	36:29	1:49	5	1:39	16	2:42	20.70	51:22	2:28	5	5:36	15	6:38
Wechsel R -> L	-	1:15	-	5	0:12	6	0:12	20.70	52:37	2:32	5	5:48	14	6:42
Rad Total	20.00	37:44	1:53	5	1:51	11	2:46	20.70	52:37	2:32	5	5:48	14	6:42
Lauf	5.00	22:46	4:33	7	4:40	40	5:18	25.70	1:15:23	2:55	6	10:28	18	11:28