



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

## Detailed evaluation

**Buchholz, Lars**

**Total time: 1:15:39**

Club: BC Eslohe

Number: 211

Course: 25.70 km

Rank in course/Total: 20 (of 113)

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

Rank in course/Men: 19 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 1(of 14)

Senioren 2 (45-49 Jahre)

Best time in the category: 1:15:39

### 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	13:18	19:00	2	0:05	22	4:00	0.70	13:18	19:00	2	0:05	22	4:00
Wechsel S -> R	-	3:14	-	10	0:58	56	1:41	0.70	16:32	23:37	4	0:56	26	5:36
Schwimmen Total	0.70	16:32	23:37	4	0:56	26	5:36	0.70	16:32	23:37	4	0:56	26	5:36
Rad netto	20.00	36:15	1:48	1	-	12	2:28	20.70	52:47	2:32	1	-	17	8:03
Wechsel R -> L	-	1:56	-	6	0:32	44	0:53	20.70	54:43	2:38	1	-	17	8:48
Rad Total	20.00	38:11	1:54	1	-	17	3:13	20.70	54:43	2:38	1	-	17	8:48
Lauf	5.00	20:56	4:11	1	-	16	3:28	25.70	1:15:39	2:56	1	-	19	11:44