



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

## Detailed evaluation

**Albanus, Dirk**

Club: DLC Aachen

Number: 182

Course: 25.70 km

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

Category:

AK2 männlich (25-29 Jahre)

**Total time: 1:18:10**

Rank in course/Total: 24 (of 113)

Rank in course/Men: 22 (of 87)

Best time in course: 1:03:55

Rank in category: 4(of 13)

Best time in the category: 1:04:31

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	14:16	20:22	4	4:58	28	4:58	0.70	14:16	20:22	4	4:58	28	4:58
Wechsel S -> R	-	2:26	-	3	0:48	21	0:53	0.70	16:42	23:51	4	5:46	27	5:46
Schwimmen Total	0.70	16:42	23:51	4	5:46	27	5:46	0.70	16:42	23:51	4	5:46	27	5:46
Rad netto	20.00	36:42	1:50	4	2:15	18	2:55	20.70	53:24	2:34	4	7:45	18	8:40
Wechsel R -> L	-	1:39	-	4	0:15	27	0:36	20.70	55:03	2:39	4	8:00	18	9:08
Rad Total	20.00	38:21	1:55	4	2:22	19	3:23	20.70	55:03	2:39	4	8:00	18	9:08
Lauf	5.00	23:07	4:37	7	5:39	45	5:39	25.70	1:18:10	3:02	4	13:39	22	14:15