



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Domke, Dirk

Total time: 1:18:52

Club: Arnsberg

Number: 200

Course: 25.70 km

Rank in course/Total: 26 (of 113)

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

Rank in course/Men: 24 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 2(of 14)

Senioren 2 (45-49 Jahre)

Best time in the category: 1:15:39

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	13:40	19:31	4	0:27	27	4:22	0.70	13:40	19:31	4	0:27	27	4:22
Wechsel S -> R	-	2:16	-	1	-	16	0:43	0.70	15:56	22:45	2	0:20	22	5:00
Schwimmen Total	0.70	15:56	22:45	2	0:20	22	5:00	0.70	15:56	22:45	2	0:20	22	5:00
Rad netto	20.00	39:12	1:57	2	2:57	27	5:25	20.70	55:08	2:39	2	2:21	25	10:24
Wechsel R -> L	-	1:41	-	5	0:17	30	0:38	20.70	56:49	2:44	2	2:06	24	10:54
Rad Total	20.00	40:53	2:02	2	2:42	29	5:55	20.70	56:49	2:44	2	2:06	24	10:54
Lauf	5.00	22:03	4:24	2	1:07	29	4:35	25.70	1:18:52	3:04	2	3:13	24	14:57