



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

## Detailed evaluation

**Porath, Bernd**

**Total time: 1:19:14**

Club: TRI TEAM TG LAGE

Number: 260

Course: 25.70 km

Rank in course/Total: 28 (of 113)

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

Rank in course/Men: 25 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 3(of 15)

Senioren 3 (50-54 Jahre)

Best time in the category: 1:10:04

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			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	11:42	16:42	1	-	8	2:24	0.70	11:42	16:42	1	-	8	2:24
Wechsel S -> R	-	3:01	-	6	0:47	44	1:28	0.70	14:43	21:01	2	0:19	11	3:47
Schwimmen Total	0.70	14:43	21:01	2	0:19	11	3:47	0.70	14:43	21:01	2	0:19	11	3:47
Rad netto	20.00	39:16	1:57	7	4:57	28	5:29	20.70	53:59	2:36	3	4:45	20	9:15
Wechsel R -> L	-	1:34	-	3	0:11	23	0:31	20.70	55:33	2:41	3	4:56	20	9:38
Rad Total	20.00	40:50	2:02	7	5:08	27	5:52	20.70	55:33	2:41	3	4:56	20	9:38
Lauf	5.00	23:41	4:44	8	4:14	48	6:13	25.70	1:19:14	3:04	3	9:10	25	15:19