



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Bewermeier, Sebastian

Total time: 1:19:41

Club: LC Wiedenbrück

Number: 130

Course: 25.70 km

Rank in course/Total: 29 (of 113)

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

Rank in course/Men: 26 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 5(of 8)

AK3 männlich (30-34 Jahre)

Best time in the category: 1:03:55

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	12:44	18:11	2	3:20	14	3:26	0.70	12:44	18:11	2	3:20	14	3:26
Wechsel S -> R	-	2:30	-	3	0:57	24	0:57	0.70	15:14	21:45	2	4:17	17	4:18
Schwimmen Total	0.70	15:14	21:45	2	4:17	17	4:18	0.70	15:14	21:45	2	4:17	17	4:18
Rad netto	20.00	40:24	2:01	4	6:37	32	6:37	20.70	55:38	2:41	4	10:54	26	10:54
Wechsel R -> L	-	1:41	-	3	0:30	30	0:38	20.70	57:19	2:46	4	11:24	26	11:24
Rad Total	20.00	42:05	2:06	4	7:07	33	7:07	20.70	57:19	2:46	4	11:24	26	11:24
Lauf	5.00	22:22	4:28	5	4:22	33	4:54	25.70	1:19:41	3:06	5	15:46	26	15:46