



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Schumacher, Ralf

Total time: 1:20:45

Club: TriStar Oelde

Number: 108

Course: 25.70 km

Rank in course/Total: 30 (of 113)

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

Rank in course/Men: 27 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 3(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.70	13:20	19:02	3	0:07	23	4:02	0.70	13:20	19:02	3	0:07	23	4:02
Wechsel S -> R	-	2:16	-	1	-	16	0:43	0.70	15:36	22:17	1	-	20	4:40
Schwimmen Total	0.70	15:36	22:17	1	-	20	4:40	0.70	15:36	22:17	1	-	20	4:40
Rad netto	20.00	40:40	2:01	4	4:25	36	6:53	20.70	56:16	2:43	3	3:29	27	11:32
Wechsel R -> L	-	1:24	-	1	-	13	0:21	20.70	57:40	2:47	3	2:57	27	11:45
Rad Total	20.00	42:04	2:06	4	3:53	32	7:06	20.70	57:40	2:47	3	2:57	27	11:45
Lauf	5.00	23:05	4:36	4	2:09	44	5:37	25.70	1:20:45	3:08	3	5:06	27	16:50