



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

## Detailed evaluation

**Quast, Martin**

**Total time: 1:21:32**

Club: TV Hanau

Number: 201

Course: 25.70 km

Rank in course/Total: 32 (of 113)

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

Rank in course/Men: 29 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 2(of 6)

Senioren 5 (60-64 Jahre)

Best time in the category: 1:17:28

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		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	13:10	18:48	2	0:10	18	3:52	0.70	13:10	18:48	2	0:10	18	3:52
Wechsel S -> R	-	2:58	-	3	0:49	42	1:25	0.70	16:08	23:02	2	0:59	23	5:12
Schwimmen Total	0.70	16:08	23:02	2	0:59	23	5:12	0.70	16:08	23:02	2	0:59	23	5:12
Rad netto	20.00	41:29	2:04	3	2:34	42	7:42	20.70	57:37	2:47	2	3:33	28	12:53
Wechsel R -> L	-	1:37	-	1	-	25	0:34	20.70	59:14	2:51	2	3:32	28	13:19
Rad Total	20.00	43:06	2:09	3	2:33	41	8:08	20.70	59:14	2:51	2	3:32	28	13:19
Lauf	5.00	22:18	4:27	2	0:32	31	4:50	25.70	1:21:32	3:10	2	4:04	29	17:37