



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

weber, dieter

Total time: 1:22:03

Club: psv brilon

Number: 209

Course: 25.70 km

Rank in course/Total: 35 (of 113)

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

Rank in course/Men: 31 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 5(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.70	16:28	23:31	11	4:46	50	7:10	0.70	16:28	23:31	11	4:46	50	7:10
Wechsel S -> R	-	3:18	-	9	1:04	60	1:45	0.70	19:46	28:14	10	5:22	50	8:50
Schwimmen Total	0.70	19:46	28:14	10	5:22	50	8:50	0.70	19:46	28:14	10	5:22	50	8:50
Rad netto	20.00	38:07	1:54	3	3:48	21	4:20	20.70	57:53	2:47	7	8:39	33	13:09
Wechsel R -> L	-	2:29	-	12	1:06	73	1:26	20.70	1:00:22	2:54	7	9:45	34	14:27
Rad Total	20.00	40:36	2:01	4	4:54	24	5:38	20.70	1:00:22	2:54	7	9:45	34	14:27
Lauf	5.00	21:41	4:20	3	2:14	22	4:13	25.70	1:22:03	3:11	5	11:59	31	18:08