



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

adriaens, herman

Total time: 1:23:59

Club: triamo

Number: 147

Course: 25.70 km

Rank in course/Total: 39 (of 113)

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

Rank in course/Men: 35 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 7(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.70	15:29	22:07	7	3:47	40	6:11	0.70	15:29	22:07	7	3:47	40	6:11
Wechsel S -> R	-	3:13	-	8	0:59	54	1:40	0.70	18:42	26:42	8	4:18	42	7:46
Schwimmen Total	0.70	18:42	26:42	8	4:18	42	7:46	0.70	18:42	26:42	8	4:18	42	7:46
Rad netto	20.00	39:09	1:57	6	4:50	26	5:22	20.70	57:51	2:47	6	8:37	32	13:07
Wechsel R -> L	-	1:23	-	1	-	11	0:20	20.70	59:14	2:51	5	8:37	28	13:19
Rad Total	20.00	40:32	2:01	3	4:50	22	5:34	20.70	59:14	2:51	5	8:37	28	13:19
Lauf	5.00	24:45	4:57	10	5:18	57	7:17	25.70	1:23:59	3:16	7	13:55	35	20:04