



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Kluth, Thomas

Total time: 1:24:45

Club: Hammer SC 08

Number: 100

Course: 25.70 km

Rank in course/Total: 42 (of 113)

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

Rank in course/Men: 36 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 3(of 7)

Senioren 1 (40-44 Jahre)

Best time in the category: 1:13:43

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	17:09	24:30	7	5:38	59	7:51	0.70	17:09	24:30	7	5:38	59	7:51
Wechsel S -> R	-	2:42	-	3	0:57	28	1:09	0.70	19:51	28:21	5	6:07	51	8:55
Schwimmen Total	0.70	19:51	28:21	5	6:07	51	8:55	0.70	19:51	28:21	5	6:07	51	8:55
Rad netto	20.00	41:06	2:03	4	4:56	40	7:19	20.70	1:00:57	2:56	5	10:11	42	16:13
Wechsel R -> L	-	1:49	-	3	0:23	39	0:46	20.70	1:02:46	3:01	4	10:34	40	16:51
Rad Total	20.00	42:55	2:08	3	4:59	38	7:57	20.70	1:02:46	3:01	4	10:34	40	16:51
Lauf	5.00	21:59	4:23	3	0:28	27	4:31	25.70	1:24:45	3:17	3	11:02	36	20:50