



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Kapka, Andreas

Total time: 1:25:35

Club: PV Triathlon Witten

Number: 234

Course: 25.70 km

Rank in course/Total: 44 (of 113)

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

Rank in course/Men: 38 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 1(of 4)

Senioren 4 (55-59 Jahre)

Best time in the category: 1:25:35

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	18:12	26:00	3	3:08	67	8:54	0.70	18:12	26:00	3	3:08	67	8:54
Wechsel S -> R	-	2:29	-	1	-	23	0:56	0.70	20:41	29:32	2	2:39	55	9:45
Schwimmen Total	0.70	20:41	29:32	2	2:39	55	9:45	0.70	20:41	29:32	2	2:39	55	9:45
Rad netto	20.00	40:35	2:01	1	-	34	6:48	20.70	1:01:16	2:57	1	-	43	16:32
Wechsel R -> L	-	1:45	-	2	0:16	35	0:42	20.70	1:03:01	3:02	1	-	42	17:06
Rad Total	20.00	42:20	2:07	1	-	35	7:22	20.70	1:03:01	3:02	1	-	42	17:06
Lauf	5.00	22:34	4:30	1	-	39	5:06	25.70	1:25:35	3:19	1	-	38	21:40