



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Meinking, Michael

Total time: 1:25:38

Club: Tri Lizards

Number: 128

Course: 25.70 km

Rank in course/Total: 45 (of 113)

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

Rank in course/Men: 39 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 4(of 14)

Senioren 2 (45-49 Jahre)

Best time in the category: 1:15:39

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	15:42	22:25	7	2:29	45	6:24	0.70	15:42	22:25	7	2:29	45	6:24
Wechsel S -> R	-	3:28	-	11	1:12	62	1:55	0.70	19:10	27:22	7	3:34	45	8:14
Schwimmen Total	0.70	19:10	27:22	7	3:34	45	8:14	0.70	19:10	27:22	7	3:34	45	8:14
Rad netto	20.00	40:58	2:02	6	4:43	39	7:11	20.70	1:00:08	2:54	6	7:21	39	15:24
Wechsel R -> L	-	1:29	-	3	0:05	19	0:26	20.70	1:01:37	2:58	5	6:54	37	15:42
Rad Total	20.00	42:27	2:07	5	4:16	36	7:29	20.70	1:01:37	2:58	5	6:54	37	15:42
Lauf	5.00	24:01	4:48	5	3:05	52	6:33	25.70	1:25:38	3:19	4	9:59	39	21:43