



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Kurten, Elmar

Total time: 1:25:52

Club: Wasserfreunde Finnentrop

Number: 142

Course: 25.70 km

Rank in course/Total: 48 (of 113)

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

Rank in course/Men: 42 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 8(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	14:42	21:00	5	3:00	31	5:24	0.70	14:42	21:00	5	3:00	31	5:24
Wechsel S -> R	-	2:43	-	3	0:29	31	1:10	0.70	17:25	24:52	5	3:01	29	6:29
Schwimmen Total	0.70	17:25	24:52	5	3:01	29	6:29	0.70	17:25	24:52	5	3:01	29	6:29
Rad netto	20.00	43:59	2:11	10	9:40	53	10:12	20.70	1:01:24	2:57	9	12:10	44	16:40
Wechsel R -> L	-	2:05	-	7	0:42	54	1:02	20.70	1:03:29	3:04	9	12:52	45	17:34
Rad Total	20.00	46:04	2:18	10	10:22	53	11:06	20.70	1:03:29	3:04	9	12:52	45	17:34
Lauf	5.00	22:23	4:28	4	2:56	34	4:55	25.70	1:25:52	3:20	8	15:48	42	21:57