



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

## Detailed evaluation

**Hakenes, Christian**

**Total time: 1:13:24**

Club: Trifinish Münster

Number: 223

Course: 25.70 km

Rank in course/Total: 13 (of 113)

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

Rank in course/Men: 12 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 3(of 13)

AK2 männlich (25-29 Jahre)

Best time in the category: 1:04:31

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	12:28	17:48	2	3:10	11	3:10	0.70	12:28	17:48	2	3:10	11	3:10
Wechsel S -> R	-	2:26	-	3	0:48	21	0:53	0.70	14:54	21:17	2	3:58	13	3:58
Schwimmen Total	0.70	14:54	21:17	2	3:58	13	3:58	0.70	14:54	21:17	2	3:58	13	3:58
Rad netto	20.00	36:02	1:48	3	1:35	9	2:15	20.70	50:56	2:27	3	5:17	14	6:12
Wechsel R -> L	-	1:48	-	6	0:24	37	0:45	20.70	52:44	2:32	3	5:41	15	6:49
Rad Total	20.00	37:50	1:53	3	1:51	13	2:52	20.70	52:44	2:32	3	5:41	15	6:49
Lauf	5.00	20:40	4:08	2	3:12	14	3:12	25.70	1:13:24	2:51	3	8:53	12	9:29