



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Sedey, Uwe

Club: Tri-team Selm

Number: 174

Course: 25.70 km

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

Category:

Senioren 2 (45-49 Jahre)

Total time: 1:27:16

Rank in course/Total: 54 (of 113)

Rank in course/Men: 44 (of 87)

Best time in course: 1:03:55

Rank in category: 7(of 14)

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	14:52	21:14	5	1:39	33	5:34	0.70	14:52	21:14	5	1:39	33	5:34
Wechsel S -> R	-	2:53	-	3	0:37	35	1:20	0.70	17:45	25:21	5	2:09	31	6:49
Schwimmen Total	0.70	17:45	25:21	5	2:09	31	6:49	0.70	17:45	25:21	5	2:09	31	6:49
Rad netto	20.00	42:20	2:07	8	6:05	47	8:33	20.70	1:00:05	2:54	5	7:18	38	15:21
Wechsel R -> L	-	2:02	-	7	0:38	51	0:59	20.70	1:02:07	3:00	6	7:24	38	16:12
Rad Total	20.00	44:22	2:13	8	6:11	46	9:24	20.70	1:02:07	3:00	6	7:24	38	16:12
Lauf	5.00	25:09	5:01	9	4:13	61	7:41	25.70	1:27:16	3:23	7	11:37	44	23:21