



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

## Detailed evaluation

Lauderbach, Marcel

Total time: 1:27:47

Club: Fit4Life

Number: 125

Course: 25.70 km

Rank in course/Total: 57 (of 113)

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

Rank in course/Men: 46 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 6(of 8)

AK3 männlich (30-34 Jahre)

Best time in the category: 1:03:55

### 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	15:32	22:11	6	6:08	41	6:14	0.70	15:32	22:11	6	6:08	41	6:14
Wechsel S -> R	-	4:09	-	8	2:36	77	2:36	0.70	19:41	28:07	8	8:44	49	8:45
Schwimmen Total	0.70	19:41	28:07	8	8:44	49	8:45	0.70	19:41	28:07	8	8:44	49	8:45
Rad netto	20.00	44:19	2:12	6	10:32	57	10:32	20.70	1:04:00	3:05	6	19:16	53	19:16
Wechsel R -> L	-	2:10	-	7	0:59	62	1:07	20.70	1:06:10	3:11	6	20:15	53	20:15
Rad Total	20.00	46:29	2:19	6	11:31	55	11:31	20.70	1:06:10	3:11	6	20:15	53	20:15
Lauf	5.00	21:37	4:19	4	3:37	21	4:09	25.70	1:27:47	3:24	6	23:52	46	23:52