



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

ten Doornkaat Koolman, Nils

Total time: 11:17

Club: TUS Victoria Rietberg

Number: 15

Course: 1.94 km

Rank in course/Total: 11 (of 15)

Kindertriathlon (0,04-1,50-0,40)

Rank in course/Men: 7 (of 7)

Best time in course: 8:42

Category:

Rank in category: 3(of 3)

männliche Schüler C (8+9 Jahre)

Best time in the category: 10:26

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	0.04	1:06	27:30	2	0:13	6	0:29	0.04	1:06	27:30	2	0:13	6	0:29
Wechsel S -> R	-	3:17	-	2	1:10	6	1:10	0.04	4:23	109:35	3	0:52	7	1:34
Schwimmen Total	0.04	4:23	109:35	3	0:52	7	1:34	0.04	4:23	109:35	3	0:52	7	1:34
Rad netto	1.50	3:13	2:08	1	-	4	3:11	1.54	7:36	4:56	3	0:14	7	4:45
Wechsel R -> L	-	1:31	-	3	0:25	3	0:25	1.54	9:07	5:55	3	0:39	7	2:24
Rad Total	1.50	4:44	3:09	2	0:23	5	0:50	1.54	9:07	5:55	3	0:39	7	2:24
Lauf	0.40	2:10	5:24	3	0:12	7	0:12	1.94	11:17	5:48	3	0:51	7	2:35