



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

## Detailed evaluation

**Cordes, Gerhard**

**Total time: 1:28:54**

Club: RW Kirchhundem

Number: 139

Course: 25.70 km

Rank in course/Total: 60 (of 113)

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

Rank in course/Men: 49 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 3(of 6)

Senioren 5 (60-64 Jahre)

Best time in the category: 1:17:28

### 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	18:09	25:55	5	5:09	65	8:51	0.70	18:09	25:55	5	5:09	65	8:51
Wechsel S -> R	-	2:53	-	2	0:44	35	1:20	0.70	21:02	30:02	5	5:53	58	10:06
Schwimmen Total	0.70	21:02	30:02	5	5:53	58	10:06	0.70	21:02	30:02	5	5:53	58	10:06
Rad netto	20.00	40:39	2:01	2	1:44	35	6:52	20.70	1:01:41	2:58	3	7:37	47	16:57
Wechsel R -> L	-	2:17	-	4	0:40	66	1:14	20.70	1:03:58	3:05	3	8:16	48	18:03
Rad Total	20.00	42:56	2:08	2	2:23	39	7:58	20.70	1:03:58	3:05	3	8:16	48	18:03
Lauf	5.00	24:56	4:59	3	3:10	60	7:28	25.70	1:28:54	3:27	3	11:26	49	24:59