



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

## Detailed evaluation

Frerkes, Daniel

Total time: 1:30:15

Club: vereinslos

Number: 151

Course: 25.70 km

Rank in course/Total: 64 (of 113)

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

Rank in course/Men: 51 (of 87)

Best time in course: 1:03:55

Category:

Rank in category: 7(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.	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	18:18	26:08	10	9:00	69	9:00	0.70	18:18	26:08	10	9:00	69	9:00
Wechsel S -> R	-	3:39	-	12	2:01	70	2:06	0.70	21:57	31:21	11	11:01	69	11:01
Schwimmen Total	0.70	21:57	31:21	11	11:01	69	11:01	0.70	21:57	31:21	11	11:01	69	11:01
Rad netto	20.00	44:12	2:12	7	9:45	56	10:25	20.70	1:06:09	3:11	8	20:30	58	21:25
Wechsel R -> L	-	2:08	-	11	0:44	61	1:05	20.70	1:08:17	3:17	7	21:14	55	22:22
Rad Total	20.00	46:20	2:19	7	10:21	54	11:22	20.70	1:08:17	3:17	7	21:14	55	22:22
Lauf	5.00	21:58	4:23	5	4:30	26	4:30	25.70	1:30:15	3:30	7	25:44	51	26:20