



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Bruch, Guido

Total time: 1:31:02

Club: Turnverein Griesenbrauck

Number: 190

Course: 25.70 km

Rank in course/Total: 45 (of 109)

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

Rank in course/Men: 40 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 4(of 8)

Senioren 4 (55-59 Jahre)

Best time in the category: 1:15:26

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
|-----------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | | | | | | | | | |
| Schwimmen nett | 0.70 | 20:51 | 29:47 | 7 | 5:47 | 74 | 10:14 | 0.70 | 20:51 | 29:47 | 7 | 5:47 | 75 | 20:51 |
| Wechsel S -> R | - | 2:30 | - | 3 | 0:18 | 18 | 0:47 | 0.70 | 23:21 | 33:21 | 7 | 5:38 | 62 | 23:21 |
| Schwimmen Total | 0.70 | 23:21 | 33:21 | 7 | 5:38 | 62 | 23:21 | 0.70 | 23:21 | 33:21 | 7 | 5:38 | 62 | 23:21 |
| Rad netto | 20.00 | 42:28 | 2:07 | 4 | 6:02 | 36 | 8:30 | 20.70 | 1:05:49 | 3:10 | 4 | 11:40 | 42 | 16:36 |
| Wechsel R -> L | - | 1:36 | - | 3 | 0:15 | 21 | 0:35 | 20.70 | 1:07:25 | 3:15 | 4 | 11:55 | 41 | 16:55 |
| Rad Total | 20.00 | 44:04 | 2:12 | 4 | 6:17 | 35 | 8:49 | 20.70 | 1:07:25 | 3:15 | 4 | 11:55 | 41 | 16:55 |
| Lauf | 5.00 | 23:37 | 4:43 | 6 | 3:41 | 38 | 6:07 | 25.70 | 1:31:02 | 3:32 | 4 | 15:36 | 40 | 21:50 |