



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