



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Buchholz, Lars

Total time: 2:29:42

Club: Eslohe

Number: 329

Course: 55.40 km

Rank in course/Total: 2 (of 59)

Olympische Distanz (1,40-44,00-10,00)

Rank in course/Men: 2 (of 47)

Best time in course: 2:22:22

Category:

Rank in category: 1(of 13)

Senioren 2 (45-49 Jahre)

Best time in the category: 2:29:42

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 | 1.40 | 24:54 | 17:47 | 1 | - | 3 | 2:30 | 1.40 | 24:54 | 17:47 | 1 | - | 3 | 2:30 |
| Wechsel S -> R | - | 2:50 | - | 3 | 0:35 | 11 | 0:58 | 1.40 | 27:44 | 19:48 | 2 | 0:19 | 5 | 3:05 |
| Schwimmen Total | 1.40 | 27:44 | 19:48 | 2 | 0:19 | 5 | 3:05 | 1.40 | 27:44 | 19:48 | 2 | 0:19 | 5 | 3:05 |
| Rad netto | 44.00 | 1:17:07 | 1:45 | 1 | - | 2 | 4:04 | 45.40 | 1:44:51 | 2:18 | 1 | - | 2 | 6:04 |
| Wechsel R -> L | - | 2:14 | - | 3 | 0:35 | 13 | 0:41 | 45.40 | 1:47:05 | 2:21 | 1 | - | 3 | 1:16:15 |
| Rad Total | 44.00 | 1:19:21 | 1:48 | 1 | - | 2 | 4:45 | 45.40 | 1:47:05 | 2:21 | 1 | - | 3 | 1:16:15 |
| Lauf | 10.00 | 42:37 | 4:15 | 3 | 1:54 | 5 | 1:54 | 55.40 | 2:29:42 | 2:42 | 1 | - | 2 | 7:20 |