



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