



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Matysiak, Frank

Total time: 1:34:35

Club: Köln

Number: 123

Course: 25.70 km

Rank in course/Total: 59 (of 109)

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

Rank in course/Men: 48 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 13(of 20)

Senioren 3 (50-54 Jahre)

Best time in the category: 1:10:19

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	16:19	23:18	6	3:16	31	5:42	0.70	16:19	23:18	6	3:16	32	16:19
Wechsel S -> R	-	3:08	-	8	0:56	36	1:25	0.70	19:27	27:47	5	4:12	27	19:27
Schwimmen Total	0.70	19:27	27:47	5	4:12	27	19:27	0.70	19:27	27:47	5	4:12	27	19:27
Rad netto	20.00	45:44	2:17	14	11:46	51	11:46	20.70	1:05:11	3:08	11	15:58	40	15:58
Wechsel R -> L	-	1:56	-	3	0:39	36	0:55	20.70	1:07:07	3:14	11	16:37	40	16:37
Rad Total	20.00	47:40	2:23	14	12:25	50	12:25	20.70	1:07:07	3:14	11	16:37	40	16:37
Lauf	5.00	27:28	5:29	15	7:39	66	9:58	25.70	1:34:35	3:40	13	24:16	48	25:23