



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Gockel, Marc

Total time: 2:29:50

Club: Tritus SV Neptun Neheim-Hüsten

Number: 312

Course: 55.40 km

Rank in course/Total: 3 (of 59)

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

Rank in course/Men: 3 (of 47)

Best time in course: 2:22:22

Category:

Rank in category: 2(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	24:55	17:47	2	0:01	4	2:31	1.40	24:55	17:47	2	0:01	4	2:31
Wechsel S -> R	-	2:30	-	2	0:15	7	0:38	1.40	27:25	19:35	1	-	3	2:46
Schwimmen Total	1.40	27:25	19:35	1	-	3	2:46	1.40	27:25	19:35	1	-	3	2:46
Rad netto	44.00	1:20:03	1:49	2	2:56	4	7:00	45.40	1:47:28	2:22	2	2:37	4	8:41
Wechsel R -> L	-	1:39	-	1	-	2	0:06	45.40	1:49:07	2:24	2	2:02	5	1:18:17
Rad Total	44.00	1:21:42	1:51	2	2:21	4	7:06	45.40	1:49:07	2:24	2	2:02	5	1:18:17
Lauf	10.00	40:43	4:04	1	-	1	-	55.40	2:29:50	2:42	2	0:08	3	7:28