



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Rolffs, Sven

Total time: 1:36:21

Club: Hochlarer Corredores

Number: 182

Course: 25.70 km

Rank in course/Total: 65 (of 109)

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

Rank in course/Men: 52 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 6(of 9)

Senioren 1 (40-44 Jahre)

Best time in the category: 1:11:10

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	13:47	19:41	4	1:40	11	3:10	0.70	13:47	19:41	4	1:40	12	13:47
Wechsel S -> R	-	4:09	-	6	2:12	58	2:26	0.70	17:56	25:37	4	3:14	17	17:56
Schwimmen Total	0.70	17:56	25:37	4	3:14	17	17:56	0.70	17:56	25:37	4	3:14	17	17:56
Rad netto	20.00	49:46	2:29	7	15:14	68	15:48	20.70	1:07:42	3:16	5	18:28	52	18:29
Wechsel R -> L	-	1:57	-	6	0:41	38	0:56	20.70	1:09:39	3:21	5	18:56	49	19:09
Rad Total	20.00	51:43	2:35	7	15:42	67	16:28	20.70	1:09:39	3:21	5	18:56	49	19:09
Lauf	5.00	26:42	5:20	9	6:46	61	9:12	25.70	1:36:21	3:44	6	25:11	52	27:09