



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

## Detailed evaluation

**Agapov, Konstantin**

**Total time: 1:36:52**

Club: Meschede

Number: 157

Course: 25.70 km

Rank in course/Total: 67 (of 109)

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

Rank in course/Men: 54 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 7(of 9)

AK2 männlich (25-29 Jahre)

Best time in the category: 1:12:35

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	18:50	26:54	7	8:13	60	8:13	0.70	18:50	26:54	7	8:13	61	18:50
Wechsel S -> R	-	2:59	-	5	1:16	30	1:16	0.70	21:49	31:10	7	9:09	51	21:49
Schwimmen Total	0.70	21:49	31:10	7	9:09	51	21:49	0.70	21:49	31:10	7	9:09	51	21:49
Rad netto	20.00	47:30	2:22	8	10:04	59	13:32	20.70	1:09:19	3:20	7	19:13	57	20:06
Wechsel R -> L	-	1:42	-	7	0:21	26	0:41	20.70	1:11:01	3:25	7	19:33	55	20:31
Rad Total	20.00	49:12	2:27	7	10:24	57	13:57	20.70	1:11:01	3:25	7	19:33	55	20:31
Lauf	5.00	25:51	5:10	6	5:43	57	8:21	25.70	1:36:52	3:46	7	24:17	54	27:40