



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Trapp, Uwe

Total time: 1:36:57

Club: LT MG-Volksgarten

Number: 189

Course: 25.70 km

Rank in course/Total: 68 (of 109)

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

Rank in course/Men: 55 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 7(of 8)

Senioren 4 (55-59 Jahre)

Best time in the category: 1:15:26

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	0.70	17:59	25:41	6	2:55	46	7:22	0.70	17:59	25:41	6	2:55	47	17:59
Wechsel S -> R	-	3:16	-	6	1:04	39	1:33	0.70	21:15	30:21	5	3:32	48	21:15
Schwimmen Total	0.70	21:15	30:21	5	3:32	48	21:15	0.70	21:15	30:21	5	3:32	48	21:15
Rad netto	20.00	45:37	2:16	5	9:11	50	11:39	20.70	1:06:52	3:13	5	12:43	49	17:39
Wechsel R -> L	-	3:15	-	7	1:54	77	2:14	20.70	1:10:07	3:23	5	14:37	52	19:37
Rad Total	20.00	48:52	2:26	5	11:05	54	13:37	20.70	1:10:07	3:23	5	14:37	52	19:37
Lauf	5.00	26:50	5:21	7	6:54	62	9:20	25.70	1:36:57	3:46	7	21:31	55	27:45