



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Gerhardt, Ralf

Total time: 1:37:15

Club: München

Number: 166

Course: 25.70 km

Rank in course/Total: 69 (of 109)

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

Rank in course/Men: 56 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 8(of 12)

Senioren 2 (45-49 Jahre)

Best time in the category: 1:18:04

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	15:49	22:35	4	3:50	22	5:12	0.70	15:49	22:35	4	3:50	23	15:49
Wechsel S -> R	-	4:11	-	9	2:23	59	2:28	0.70	20:00	28:34	6	5:48	32	20:00
Schwimmen Total	0.70	20:00	28:34	6	5:48	32	20:00	0.70	20:00	28:34	6	5:48	32	20:00
Rad netto	20.00	45:57	2:17	9	8:45	53	11:59	20.70	1:05:57	3:11	8	11:26	43	16:44
Wechsel R -> L	-	3:59	-	12	2:35	80	2:58	20.70	1:09:56	3:22	9	12:49	51	19:26
Rad Total	20.00	49:56	2:29	10	11:11	60	14:41	20.70	1:09:56	3:22	9	12:49	51	19:26
Lauf	5.00	27:19	5:27	9	6:22	65	9:49	25.70	1:37:15	3:47	8	19:11	56	28:03