



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Helle, Dietmar

Total time: 1:36:33

Club: TUS GW Allagen

Number: 115

Course: 25.70 km

Rank in course/Total: 66 (of 109)

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

Rank in course/Men: 53 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 14(of 20)

Senioren 3 (50-54 Jahre)

Best time in the category: 1:10:19

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	22:10	31:40	20	9:07	80	11:33	0.70	22:10	31:40	20	9:07	81	22:10
Wechsel S -> R	-	3:47	-	15	1:35	52	2:04	0.70	25:57	37:04	19	10:42	77	25:57
Schwimmen Total	0.70	25:57	37:04	19	10:42	77	25:57	0.70	25:57	37:04	19	10:42	77	25:57
Rad netto	20.00	43:16	2:09	11	9:18	38	9:18	20.70	1:09:13	3:20	15	20:00	55	20:00
Wechsel R -> L	-	2:41	-	16	1:24	65	1:40	20.70	1:11:54	3:28	15	21:24	57	21:24
Rad Total	20.00	45:57	2:17	11	10:42	39	10:42	20.70	1:11:54	3:28	15	21:24	57	21:24
Lauf	5.00	24:39	4:55	12	4:50	49	7:09	25.70	1:36:33	3:45	14	26:14	53	27:21