



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Adam, Dieter

Total time: 1:39:21

Club: Soest

Number: 131

Course: 25.70 km

Rank in course/Total: 78 (of 109)

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

Rank in course/Men: 62 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 16(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.70	18:20	26:11	12	5:17	50	7:43	0.70	18:20	26:11	12	5:17	51	18:20
Wechsel S -> R	-	4:43	-	18	2:31	63	3:00	0.70	23:03	32:55	16	7:48	61	23:03
Schwimmen Total	0.70	23:03	32:55	16	7:48	61	23:03	0.70	23:03	32:55	16	7:48	61	23:03
Rad netto	20.00	49:28	2:28	17	15:30	67	15:30	20.70	1:12:31	3:30	18	23:18	68	23:18
Wechsel R -> L	-	2:27	-	11	1:10	58	1:26	20.70	1:14:58	3:37	18	24:28	69	24:28
Rad Total	20.00	51:55	2:35	17	16:40	68	16:40	20.70	1:14:58	3:37	18	24:28	69	24:28
Lauf	5.00	24:23	4:52	9	4:34	44	6:53	25.70	1:39:21	3:51	16	29:02	62	30:09