



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

## Detailed evaluation

Frontzek, Adrian

Total time: 1:38:41

Club: Meschede

Number: 227

Course: 25.70 km

Rank in course/Total: 76 (of 109)

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

Rank in course/Men: 60 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 2(of 6)

AK4 männlich (35-39 Jahre)

Best time in the category: 1:29:11

### 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	21:13	30:18	5	5:05	77	10:36	0.70	21:13	30:18	5	5:05	78	21:13
Wechsel S -> R	-	3:36	-	2	0:45	47	1:53	0.70	24:49	35:27	3	4:57	69	24:49
Schwimmen Total	0.70	24:49	35:27	3	4:57	69	24:49	0.70	24:49	35:27	3	4:57	69	24:49
Rad netto	20.00	48:40	2:25	2	6:36	63	14:42	20.70	1:13:29	3:32	2	11:33	70	24:16
Wechsel R -> L	-	2:17	-	3	0:50	52	1:16	20.70	1:15:46	3:39	2	12:02	71	25:16
Rad Total	20.00	50:57	2:32	2	7:05	63	15:42	20.70	1:15:46	3:39	2	12:02	71	25:16
Lauf	5.00	22:55	4:35	1	-	27	5:25	25.70	1:38:41	3:50	2	9:30	60	29:29