



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |