



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Mansfeld, Nico

Total time: 1:40:28

Club: Essen
Number: 110

Course: 25.70 km
Volksdistanz (0,70-20,00-5,00)

Rank in course/Total: 80 (of 109)

Rank in course/Men: 63 (of 83)

Best time in course: 1:09:12

Category:
AK3 männlich (30-34 Jahre)

Rank in category: 5(of 6)

Best time in the category: 1:20:50

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	21:14	30:20	6	7:31	78	10:37	0.70	21:14	30:20	6	7:31	79	21:14
Wechsel S -> R	-	4:17	-	3	1:52	60	2:34	0.70	25:31	36:27	6	12:12	71	25:31
Schwimmen Total	0.70	25:31	36:27	6	12:12	71	25:31	0.70	25:31	36:27	6	12:12	71	25:31
Rad netto	20.00	45:54	2:17	4	7:42	52	11:56	20.70	1:11:25	3:27	6	14:56	65	22:12
Wechsel R -> L	-	2:11	-	6	0:38	49	1:10	20.70	1:13:36	3:33	6	15:23	64	23:06
Rad Total	20.00	48:05	2:24	5	8:09	52	12:50	20.70	1:13:36	3:33	6	15:23	64	23:06
Lauf	5.00	26:52	5:22	6	4:15	64	9:22	25.70	1:40:28	3:54	5	19:38	63	31:16