



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Haupt, Heinz-Holger

Total time: 2:35:51

Club: SV Neptun Neheim-Hüsten

Number: 353

Course: 55.40 km

Rank in course/Total: 6 (of 59)

Olympische Distanz (1,40-44,00-10,00)

Rank in course/Men: 6 (of 47)

Best time in course: 2:22:22

Category:

Rank in category: 1(of 6)

Senioren 4 (55-59 Jahre)

Best time in the category: 2:35:51

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	1.40	25:13	18:00	1	-	5	2:49	1.40	25:13	18:00	1	-	5	2:49
Wechsel S -> R	-	2:15	-	1	-	4	0:23	1.40	27:28	19:37	1	-	4	2:49
Schwimmen Total	1.40	27:28	19:37	1	-	4	2:49	1.40	27:28	19:37	1	-	4	2:49
Rad netto	44.00	1:22:45	1:52	1	-	7	9:42	45.40	1:50:13	2:25	1	-	5	11:26
Wechsel R -> L	-	1:52	-	1	-	6	0:19	45.40	1:52:05	2:28	2	1:21:15	6	1:21:15
Rad Total	44.00	1:24:37	1:55	1	-	6	10:01	45.40	1:52:05	2:28	2	1:21:15	6	1:21:15
Lauf	10.00	43:46	4:22	2	0:30	9	3:03	55.40	2:35:51	2:48	1	-	6	13:29