



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Neumann, Werner

Total time: 1:38:05

Club: Non-Stop-Ultra

Number: 213

Course: 25.70 km

Rank in course/Total: 74 (of 109)

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

Rank in course/Men: 59 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 3(of 3)

Senioren 5 (60-64 Jahre)

Best time in the category: 1:30:23

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	15:34	22:14	1	-	19	4:57	0.70	15:34	22:14	1	-	20	15:34
Wechsel S -> R	-	4:58	-	2	1:12	67	3:15	0.70	20:32	29:20	2	0:42	38	20:32
Schwimmen Total	0.70	20:32	29:20	2	0:42	38	20:32	0.70	20:32	29:20	2	0:42	38	20:32
Rad netto	20.00	48:54	2:26	3	6:54	64	14:56	20.70	1:09:26	3:21	3	5:28	58	20:13
Wechsel R -> L	-	2:41	-	2	0:27	65	1:40	20.70	1:12:07	3:29	3	5:17	60	21:37
Rad Total	20.00	51:35	2:34	3	7:21	64	16:20	20.70	1:12:07	3:29	3	5:17	60	21:37
Lauf	5.00	25:58	5:11	3	2:25	60	8:28	25.70	1:38:05	3:48	3	7:42	59	28:53