



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Lüddecke, Dirk

Club: Non-Stop-Ultra

Number: 127

Course: 25.70 km

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

Category:

Senioren 3 (50-54 Jahre)

Total time: 1:32:47

Rank in course/Total: 53 (of 109)

Rank in course/Men: 45 (of 83)

Best time in course: 1:09:12

Rank in category: 12(of 20)

Best time in the category: 1:10:19

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	18:50	26:54	15	5:47	60	8:13	0.70	18:50	26:54	15	5:47	61	18:50
Wechsel S -> R	-	3:52	-	16	1:40	53	2:09	0.70	22:42	32:25	14	7:27	58	22:42
Schwimmen Total	0.70	22:42	32:25	14	7:27	58	22:42	0.70	22:42	32:25	14	7:27	58	22:42
Rad netto	20.00	43:52	2:11	12	9:54	40	9:54	20.70	1:06:34	3:12	13	17:21	48	17:21
Wechsel R -> L	-	2:18	-	7	1:01	53	1:17	20.70	1:08:52	3:19	13	18:22	47	18:22
Rad Total	20.00	46:10	2:18	12	10:55	41	10:55	20.70	1:08:52	3:19	13	18:22	47	18:22
Lauf	5.00	23:55	4:46	7	4:06	41	6:25	25.70	1:32:47	3:36	12	22:28	45	23:35