



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

## Detailed evaluation

Sommereisen, Sven

Total time: 1:43:06

Club: Dortmund

Number: 109

Course: 25.70 km

Rank in course/Total: 86 (of 109)

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

Rank in course/Men: 67 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 11(of 12)

Senioren 2 (45-49 Jahre)

Best time in the category: 1:18:04

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	18:45	26:47	10	6:46	59	8:08	0.70	18:45	26:47	10	6:46	60	18:45
Wechsel S -> R	-	4:46	-	10	2:58	64	3:03	0.70	23:31	33:35	10	9:19	64	23:31
Schwimmen Total	0.70	23:31	33:35	10	9:19	64	23:31	0.70	23:31	33:35	10	9:19	64	23:31
Rad netto	20.00	49:16	2:27	12	12:04	66	15:18	20.70	1:12:47	3:30	11	18:16	69	23:34
Wechsel R -> L	-	1:31	-	2	0:07	15	0:30	20.70	1:14:18	3:35	11	17:11	68	23:48
Rad Total	20.00	50:47	2:32	11	12:02	62	15:32	20.70	1:14:18	3:35	11	17:11	68	23:48
Lauf	5.00	28:48	5:45	12	7:51	72	11:18	25.70	1:43:06	4:00	11	25:02	67	33:54