



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Hennemann, Alli

Total time: 1:43:03

Club: kein Verein

Number: 100

Course: 25.70 km

Rank in course/Total: 84 (of 109)

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

Rank in course/Men: 66 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 17(of 20)

Senioren 3 (50-54 Jahre)

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	20:08	28:45	18	7:05	71	9:31	0.70	20:08	28:45	18	7:05	72	20:08
Wechsel S -> R	-	3:43	-	12	1:31	48	2:00	0.70	23:51	34:04	17	8:36	66	23:51
Schwimmen Total	0.70	23:51	34:04	17	8:36	66	23:51	0.70	23:51	34:04	17	8:36	66	23:51
Rad netto	20.00	46:13	2:18	15	12:15	54	12:15	20.70	1:10:04	3:23	17	20:51	60	20:51
Wechsel R -> L	-	2:33	-	13	1:16	60	1:32	20.70	1:12:37	3:30	17	22:07	61	22:07
Rad Total	20.00	48:46	2:26	15	13:31	53	13:31	20.70	1:12:37	3:30	17	22:07	61	22:07
Lauf	5.00	30:26	6:05	17	10:37	76	12:56	25.70	1:43:03	4:00	17	32:44	66	33:51