



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

## Detailed evaluation

Hohmann, Frank

Total time: 1:44:44

Club: TriFun

Number: 206

Course: 25.70 km

Rank in course/Total: 89 (of 109)

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

Rank in course/Men: 70 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 18(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.70	16:00	22:51	5	2:57	26	5:23	0.70	16:00	22:51	5	2:57	27	16:00
Wechsel S -> R	-	3:44	-	13	1:32	49	2:01	0.70	19:44	28:11	6	4:29	29	19:44
Schwimmen Total	0.70	19:44	28:11	6	4:29	29	19:44	0.70	19:44	28:11	6	4:29	29	19:44
Rad netto	20.00	49:52	2:29	18	15:54	69	15:54	20.70	1:09:36	3:21	16	20:23	59	20:23
Wechsel R -> L	-	2:22	-	8	1:05	54	1:21	20.70	1:11:58	3:28	16	21:28	58	21:28
Rad Total	20.00	52:14	2:36	18	16:59	70	16:59	20.70	1:11:58	3:28	16	21:28	58	21:28
Lauf	5.00	32:46	6:33	19	12:57	80	15:16	25.70	1:44:44	4:04	18	34:25	70	35:32