



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Silkenbeumer, Christian

Total time: 2:39:57

Club: BSG Berufsfeuerwehr Münster

Number: 320

Course: 55.40 km

Rank in course/Total: 9 (of 59)

Olympische Distanz (1,40-44,00-10,00)

Rank in course/Men: 8 (of 47)

Best time in course: 2:22:22

Category:

Rank in category: 1(of 2)

AK3 männlich (30-34 Jahre)

Best time in the category: 2:39:57

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	1.40	29:32	21:05	1	-	21	7:08	1.40	29:32	21:05	1	-	21	7:08
Wechsel S -> R	-	3:22	-	1	-	14	1:30	1.40	32:54	23:30	1	-	20	8:15
Schwimmen Total	1.40	32:54	23:30	1	-	20	8:15	1.40	32:54	23:30	1	-	20	8:15
Rad netto	44.00	1:22:40	1:52	1	-	6	9:37	45.40	1:55:34	2:32	1	-	10	16:47
Wechsel R -> L	-	1:39	-	1	-	2	0:06	45.40	1:57:13	2:34	1	-	9	1:26:23
Rad Total	44.00	1:24:19	1:54	1	-	5	9:43	45.40	1:57:13	2:34	1	-	9	1:26:23
Lauf	10.00	42:44	4:16	1	-	6	2:01	55.40	2:39:57	2:53	1	-	8	17:35