



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Kemper, Christoph

Club: Tri Sport Menden

Number: 365

Course: 55.40 km

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

Category:

Senioren 1 (40-44 Jahre)

Total time: 2:45:07

Rank in course/Total: 11 (of 59)

Rank in course/Men: 10 (of 47)

Best time in course: 2:22:22

Rank in category: 3(of 9)

Best time in the category: 2:35:21

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	1.40	28:29	20:20	4	2:20	16	6:05	1.40	28:29	20:20	4	2:20	16	6:05
Wechsel S -> R	-	4:22	-	6	2:10	32	2:30	1.40	32:51	23:27	6	4:30	19	8:12
Schwimmen Total	1.40	32:51	23:27	6	4:30	19	8:12	1.40	32:51	23:27	6	4:30	19	8:12
Rad netto	44.00	1:22:32	1:52	1	-	5	9:29	45.40	1:55:23	2:32	2	4:05	9	16:36
Wechsel R -> L	-	2:43	-	6	1:02	23	1:10	45.40	1:58:06	2:36	2	5:07	11	1:27:16
Rad Total	44.00	1:25:15	1:56	2	0:37	8	10:39	45.40	1:58:06	2:36	2	5:07	11	1:27:16
Lauf	10.00	47:01	4:42	4	4:39	16	6:18	55.40	2:45:07	2:58	3	9:46	10	22:45