



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Leifert, Stefan

Total time: 1:35:40

Club: Marathon-Soest

Number: 167

Course: 25.70 km

Rank in course/Total: 64 (of 109)

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

Rank in course/Men: 51 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 5(of 9)

Senioren 1 (40-44 Jahre)

Best time in the category: 1:11:10

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	20:02	28:37	8	7:55	68	9:25	0.70	20:02	28:37	8	7:55	69	20:02
Wechsel S -> R	-	5:52	-	8	3:55	75	4:09	0.70	25:54	37:00	9	11:12	75	25:54
Schwimmen Total	0.70	25:54	37:00	9	11:12	75	25:54	0.70	25:54	37:00	9	11:12	75	25:54
Rad netto	20.00	44:25	2:13	5	9:53	42	10:27	20.70	1:10:19	3:23	6	21:05	62	21:06
Wechsel R -> L	-	1:44	-	3	0:28	28	0:43	20.70	1:12:03	3:28	6	21:20	59	21:33
Rad Total	20.00	46:09	2:18	5	10:08	40	10:54	20.70	1:12:03	3:28	6	21:20	59	21:33
Lauf	5.00	23:37	4:43	5	3:41	38	6:07	25.70	1:35:40	3:43	5	24:30	51	26:28