



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

von Schamann, Dennis

Total time: 1:50:36

Club: Hochlarer Corredores

Number: 171

Course: 25.70 km

Rank in course/Total: 95 (of 109)

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

Rank in course/Men: 72 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 3(of 6)

AK4 männlich (35-39 Jahre)

Best time in the category: 1:29:11

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	19:37	28:01	4	3:29	64	9:00	0.70	19:37	28:01	4	3:29	65	19:37
Wechsel S -> R	-	6:42	-	4	3:51	77	4:59	0.70	26:19	37:35	5	6:27	78	26:19
Schwimmen Total	0.70	26:19	37:35	5	6:27	78	26:19	0.70	26:19	37:35	5	6:27	78	26:19
Rad netto	20.00	51:50	2:35	3	9:46	72	17:52	20.70	1:18:09	3:46	3	16:13	74	28:56
Wechsel R -> L	-	1:27	-	1	-	9	0:26	20.70	1:19:36	3:50	3	15:52	73	29:06
Rad Total	20.00	53:17	2:39	3	9:25	71	18:02	20.70	1:19:36	3:50	3	15:52	73	29:06
Lauf	5.00	31:00	6:12	4	8:05	77	13:30	25.70	1:50:36	4:18	3	21:25	72	41:24