



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

krebs, marco

Total time: 2:48:34

Club: marathon soest

Number: 304

Course: 55.40 km

Rank in course/Total: 13 (of 59)

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

Rank in course/Men: 11 (of 47)

Best time in course: 2:22:22

Category:

Rank in category: 4(of 9)

Senioren 1 (40-44 Jahre)

Best time in the category: 2:35:21

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking						
	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	29:27	21:02	5	3:18	20	7:03	1.40	29:27	21:02	5	3:18	20	7:03	
Wechsel S -> R	-	2:45	-	3	0:33	9	0:53	1.40	32:12	23:00	4	3:51	16	7:33	
Schwimmen Total	1.40	32:12	23:00	4	3:51	16	7:33	1.40	32:12	23:00	4	3:51	16	7:33	
Rad netto	44.00	1:26:03	1:57	3	3:31	9	13:00	45.40	1:58:15	2:36	4	6:57	12	19:28	
Wechsel R -> L	-	2:19	-	5	0:38	16	0:46	45.40	2:00:34	2:39	4	7:35	13	1:29:44	
Rad Total	44.00	1:28:22	2:00	4	3:44	10	13:46	45.40	2:00:34	2:39	4	7:35	13	1:29:44	
Lauf	10.00	48:00	4:47	6	5:38	19	7:17	55.40	2:48:34	3:02	4	13:13	11	26:12	