



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Heilemann, Lukas

Total time: 2:50:12

Club: 1. Tri-Club Paderborn

Number: 305

Course: 55.40 km

Rank in course/Total: 16 (of 59)

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

Rank in course/Men: 14 (of 47)

Best time in course: 2:22:22

Category:

Rank in category: 1(of 1)

AK1 männlich (20-24 Jahre)

Best time in the category: 2:50:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Schwimmen nett	1.40	27:30	19:38	1	-	13	5:06	1.40	27:30	19:38	1	-	13	5:06
Wechsel S -> R	-	3:35	-	1	-	17	1:43	1.40	31:05	22:12	1	-	14	6:26
Schwimmen Total	1.40	31:05	22:12	1	-	14	6:26	1.40	31:05	22:12	1	-	14	6:26
Rad netto	44.00	1:33:05	2:06	1	-	28	20:02	45.40	2:04:10	2:44	1	-	20	25:23
Wechsel R -> L	-	2:50	-	1	-	29	1:17	45.40	2:07:00	2:47	1	-	20	1:36:10
Rad Total	44.00	1:35:55	2:10	1	-	25	21:19	45.40	2:07:00	2:47	1	-	20	1:36:10
Lauf	10.00	43:12	4:19	1	-	7	2:29	55.40	2:50:12	3:04	1	-	14	27:50