



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Schottek, Benjamin

Total time: 2:51:44

Club: Tritus SV Neptun Neheim-Hüsten

Number: 368

Course: 55.40 km

Rank in course/Total: 20 (of 59)

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

Rank in course/Men: 17 (of 47)

Best time in course: 2:22:22

Category:

Rank in category: 2(of 6)

AK4 männlich (35-39 Jahre)

Best time in the category: 2:50:37

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	26:54	19:12	1	-	10	4:30	1.40	26:54	19:12	1	-	10	4:30	
Wechsel S -> R	-	3:26	-	1	-	15	1:34	1.40	30:20	21:40	1	-	11	5:41	
Schwimmen Total	1.40	30:20	21:40	1	-	11	5:41	1.40	30:20	21:40	1	-	11	5:41	
Rad netto	44.00	1:30:28	2:03	3	0:48	22	17:25	45.40	2:00:48	2:39	1	-	15	22:01	
Wechsel R -> L	-	2:05	-	1	-	8	0:32	45.40	2:02:53	2:42	1	-	16	1:32:03	
Rad Total	44.00	1:32:33	2:06	2	0:12	19	17:57	45.40	2:02:53	2:42	1	-	16	1:32:03	
Lauf	10.00	48:51	4:53	2	2:41	23	8:08	55.40	2:51:44	3:05	2	1:07	17	29:22	