



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Kersten, Frank

Total time: 2:53:13

Club: SCC Scharmede

Number: 348

Course: 55.40 km

Rank in course/Total: 21 (of 59)

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

Rank in course/Men: 18 (of 47)

Best time in course: 2:22:22

Category:

Rank in category: 3(of 6)

Senioren 4 (55-59 Jahre)

Best time in the category: 2:35:51

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	29:16	20:54	3	4:03	19	6:52	1.40	29:16	20:54	3	4:03	19	6:52	
Wechsel S -> R	-	4:32	-	3	2:17	33	2:40	1.40	33:48	24:08	3	6:20	24	9:09	
Schwimmen Total	1.40	33:48	24:08	3	6:20	24	9:09	1.40	33:48	24:08	3	6:20	24	9:09	
Rad netto	44.00	1:32:57	2:06	4	10:12	26	19:54	45.40	2:06:45	2:47	4	16:32	26	27:58	
Wechsel R -> L	-	3:12	-	4	1:20	33	1:39	45.40	2:09:57	2:51	4	1:39:07	26	1:39:07	
Rad Total	44.00	1:36:09	2:11	3	11:32	26	21:33	45.40	2:09:57	2:51	4	1:39:07	26	1:39:07	
Lauf	10.00	43:16	4:19	1	-	8	2:33	55.40	2:53:13	3:07	3	17:22	18	30:51	