



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Riege, Karsten

Total time: 3:00:58

Club: Neuenrade

Number: 323

Course: 55.40 km

Rank in course/Total: 31 (of 59)

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

Rank in course/Men: 27 (of 47)

Best time in course: 2:22:22

Category:

Rank in category: 4(of 6)

Senioren 4 (55-59 Jahre)

Best time in the category: 2:35:51

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Schwimmen nett	1.40	32:24	23:08	6	7:11	33	10:00	1.40	32:24	23:08	6	7:11	33	10:00
Wechsel S -> R	-	3:28	-	2	1:13	16	1:36	1.40	35:52	25:37	5	8:24	31	11:13
Schwimmen Total	1.40	35:52	25:37	5	8:24	31	11:13	1.40	35:52	25:37	5	8:24	31	11:13
Rad netto	44.00	1:28:56	2:01	2	6:11	15	15:53	45.40	2:04:48	2:44	3	14:35	22	26:01
Wechsel R -> L	-	2:49	-	3	0:57	28	1:16	45.40	2:07:37	2:48	3	1:36:47	21	1:36:47
Rad Total	44.00	1:31:45	2:05	2	7:08	16	17:09	45.40	2:07:37	2:48	3	1:36:47	21	1:36:47
Lauf	10.00	53:21	5:20	4	10:05	34	12:38	55.40	3:00:58	3:15	4	25:07	27	38:36