



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Bergmann, Helmut

Total time: 3:00:29

Club: Marathon Soest

Number: 310

Course: 55.40 km

Rank in course/Total: 29 (of 59)

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

Rank in course/Men: 26 (of 47)

Best time in course: 2:22:22

Category:

Rank in category: 1(of 2)

Senioren 5 (60-64 Jahre)

Best time in the category: 3:00:29

Intermediate times						Stage score				Total ranking					
Control	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	27:36	19:42	1	-	14	5:12	1.40	27:36	19:42	1	-	14	5:12	
Wechsel S -> R	-	4:46	-	1	-	35	2:54	1.40	32:22	23:07	1	-	18	7:43	
Schwimmen Total	1.40	32:22	23:07	1	-	18	7:43	1.40	32:22	23:07	1	-	18	7:43	
Rad netto	44.00	1:37:36	2:13	1	-	36	24:33	45.40	2:09:58	2:51	1	-	29	31:11	
Wechsel R -> L	-	2:52	-	1	-	30	1:19	45.40	2:12:50	2:55	1	-	29	1:42:00	
Rad Total	44.00	1:40:28	2:16	1	-	35	25:52	45.40	2:12:50	2:55	1	-	29	1:42:00	
Lauf	10.00	47:39	4:45	1	-	17	6:56	55.40	3:00:29	3:15	1	-	26	38:07	