



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Gerold, Volker

Total time: 3:02:52

Club: TuS Velmede-Bestwig

Number: 351

Course: 55.40 km

Rank in course/Total: 32 (of 59)

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

Rank in course/Men: 28 (of 47)

Best time in course: 2:22:22

Category:

Rank in category: 6(of 13)

Senioren 2 (45-49 Jahre)

Best time in the category: 2:29:42

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	29:35	21:07	5	4:41	23	7:11	1.40	29:35	21:07	5	4:41	23	7:11
Wechsel S -> R	-	4:58	-	11	2:43	38	3:06	1.40	34:33	24:40	6	7:08	28	9:54
Schwimmen Total	1.40	34:33	24:40	6	7:08	28	9:54	1.40	34:33	24:40	6	7:08	28	9:54
Rad netto	44.00	1:30:16	2:03	4	13:09	20	17:13	45.40	2:04:49	2:44	5	19:58	23	26:02
Wechsel R -> L	-	3:13	-	9	1:34	35	1:40	45.40	2:08:02	2:49	5	20:57	22	1:37:12
Rad Total	44.00	1:33:29	2:07	4	14:08	20	18:53	45.40	2:08:02	2:49	5	20:57	22	1:37:12
Lauf	10.00	54:50	5:29	10	14:07	36	14:07	55.40	3:02:52	3:18	6	33:10	28	40:30