



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

## Detailed evaluation

**Rudnik, Christian**

**Total time: 2:07:48**

Club: LT Starlight Team Essen

Number: 148

Course: 25.70 km

Rank in course/Total: 105 (of 109)

Volksdistanz (0,70-20,00-5,00)

Rank in course/Men: 79 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 20(of 20)

Senioren 3 (50-54 Jahre)

Best time in the category: 1:10:19

### 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	0.70	18:50	26:54	15	5:47	60	8:13	0.70	18:50	26:54	15	5:47	61	18:50
Wechsel S -> R	-	7:00	-	20	4:48	79	5:17	0.70	25:50	36:54	18	10:35	73	25:50
Schwimmen Total	0.70	25:50	36:54	18	10:35	73	25:50	0.70	25:50	36:54	18	10:35	73	25:50
Rad netto	20.00	1:05:46	3:17	20	31:48	79	31:48	20.70	1:31:36	4:25	20	42:23	79	42:23
Wechsel R -> L	-	2:47	-	17	1:30	70	1:46	20.70	1:34:23	4:33	20	43:53	80	43:53
Rad Total	20.00	1:08:33	3:25	20	33:18	81	33:18	20.70	1:34:23	4:33	20	43:53	80	43:53
Lauf	5.00	33:25	6:40	20	13:36	82	15:55	25.70	2:07:48	4:58	20	57:29	79	58:36