



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Rudnik, Samuel

Total time: 2:07:48

Club: Gelsenkirchen

Number: 146

Course: 25.70 km

Rank in course/Total: 106 (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: 9(of 9)

AK2 männlich (25-29 Jahre)

Best time in the category: 1:12:35

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 | 7 | 8:13 | 60 | 8:13 | 0.70 | 18:50 | 26:54 | 7 | 8:13 | 61 | 18:50 |
| Wechsel S -> R | - | 7:01 | - | 9 | 5:18 | 80 | 5:18 | 0.70 | 25:51 | 36:55 | 8 | 13:11 | 74 | 25:51 |
| Schwimmen Total | 0.70 | 25:51 | 36:55 | 8 | 13:11 | 74 | 25:51 | 0.70 | 25:51 | 36:55 | 8 | 13:11 | 74 | 25:51 |
| Rad netto | 20.00 | 1:05:50 | 3:17 | 9 | 28:24 | 81 | 31:52 | 20.70 | 1:31:41 | 4:25 | 9 | 41:35 | 80 | 42:28 |
| Wechsel R -> L | - | 2:41 | - | 9 | 1:20 | 65 | 1:40 | 20.70 | 1:34:22 | 4:33 | 9 | 42:54 | 79 | 43:52 |
| Rad Total | 20.00 | 1:08:31 | 3:25 | 9 | 29:43 | 79 | 33:16 | 20.70 | 1:34:22 | 4:33 | 9 | 42:54 | 79 | 43:52 |
| Lauf | 5.00 | 33:26 | 6:41 | 9 | 13:18 | 83 | 15:56 | 25.70 | 2:07:48 | 4:58 | 9 | 55:13 | 79 | 58:36 |