



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