



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Schäfer, Steffen

Total time: 2:07:50

Club: Gelsenkirchen

Number: 147

Course: 25.70 km

Rank in course/Total: 107 (of 109)

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

Rank in course/Men: 81 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 6(of 6)

AK4 männlich (35-39 Jahre)

Best time in the category: 1:29:11

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	18:36	26:34	3	2:28	56	7:59	0.70	18:36	26:34	3	2:28	57	18:36
Wechsel S -> R	-	7:19	-	6	4:28	81	5:36	0.70	25:55	37:01	4	6:03	76	25:55
Schwimmen Total	0.70	25:55	37:01	4	6:03	76	25:55	0.70	25:55	37:01	4	6:03	76	25:55
Rad netto	20.00	1:05:48	3:17	6	23:44	80	31:50	20.70	1:31:43	4:25	5	29:47	81	42:30
Wechsel R -> L	-	2:43	-	4	1:16	68	1:42	20.70	1:34:26	4:33	5	30:42	81	43:56
Rad Total	20.00	1:08:31	3:25	6	24:39	80	33:16	20.70	1:34:26	4:33	5	30:42	81	43:56
Lauf	5.00	33:24	6:40	6	10:29	81	15:54	25.70	2:07:50	4:58	6	38:39	81	58:38