



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Curdes, Björn

Club: SV Herdringen

Number: 222

Course: 25.70 km

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

Category:

AK4 männlich (35-39 Jahre)

Total time: 2:05:42

Rank in course/Total: 104 (of 109)

Rank in course/Men: 78 (of 83)

Best time in course: 1:09:12

Rank in category: 5(of 6)

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			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	24:30	35:00	6	8:22	82	13:53	0.70	24:30	35:00	6	8:22	83	24:30
Wechsel S -> R	-	6:43	-	5	3:52	78	5:00	0.70	31:13	44:35	6	11:21	82	31:13
Schwimmen Total	0.70	31:13	44:35	6	11:21	82	31:13	0.70	31:13	44:35	6	11:21	82	31:13
Rad netto	20.00	1:01:54	3:05	5	19:50	78	27:56	20.70	1:33:07	4:29	6	31:11	83	43:54
Wechsel R -> L	-	4:08	-	6	2:41	82	3:07	20.70	1:37:15	4:41	6	33:31	83	46:45
Rad Total	20.00	1:06:02	3:18	5	22:10	78	30:47	20.70	1:37:15	4:41	6	33:31	83	46:45
Lauf	5.00	28:27	5:41	3	5:32	71	10:57	25.70	2:05:42	4:53	5	36:31	78	56:30