



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Ewering, Jörg

Club: Spicheren

Number: 315

Course: 55.40 km

Olympische Distanz (1,40-44,00-10,00)

Category:

Senioren 2 (45-49 Jahre)

Total time: 3:10:02

Rank in course/Total: 38 (of 59)

Rank in course/Men: 33 (of 47)

Best time in course: 2:22:22

Rank in category: 8(of 13)

Best time in the category: 2:29:42

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	1.40	31:00	22:08	7	6:06	30	8:36	1.40	31:00	22:08	7	6:06	30	8:36
Wechsel S -> R	-	4:05	-	8	1:50	28	2:13	1.40	35:05	25:03	7	7:40	30	10:26
Schwimmen Total	1.40	35:05	25:03	7	7:40	30	10:26	1.40	35:05	25:03	7	7:40	30	10:26
Rad netto	44.00	1:39:03	2:15	11	21:56	38	26:00	45.40	2:14:08	2:57	7	29:17	31	35:21
Wechsel R -> L	-	2:41	-	6	1:02	21	1:08	45.40	2:16:49	3:00	7	29:44	30	1:45:59
Rad Total	44.00	1:41:44	2:18	11	22:23	37	27:08	45.40	2:16:49	3:00	7	29:44	30	1:45:59
Lauf	10.00	53:13	5:19	9	12:30	32	12:30	55.40	3:10:02	3:25	8	40:20	33	47:40