



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Krasch, Joachim

Total time: 3:10:41

Club: Schwerte

Number: 318

Course: 55.40 km

Rank in course/Total: 39 (of 59)

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

Rank in course/Men: 34 (of 47)

Best time in course: 2:22:22

Category:

Rank in category: 9(of 13)

Senioren 2 (45-49 Jahre)

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	33:02	23:35	9	8:08	34	10:38	1.40	33:02	23:35	9	8:08	34	10:38
Wechsel S -> R	-	7:25	-	13	5:10	46	5:33	1.40	40:27	28:53	11	13:02	40	15:48
Schwimmen Total	1.40	40:27	28:53	11	13:02	40	15:48	1.40	40:27	28:53	11	13:02	40	15:48
Rad netto	44.00	1:34:56	2:09	7	17:49	29	21:53	45.40	2:15:23	2:58	10	30:32	35	36:36
Wechsel R -> L	-	3:48	-	11	2:09	40	2:15	45.40	2:19:11	3:03	10	32:06	37	1:48:21
Rad Total	44.00	1:38:44	2:14	8	19:23	29	24:08	45.40	2:19:11	3:03	10	32:06	37	1:48:21
Lauf	10.00	51:30	5:09	8	10:47	29	10:47	55.40	3:10:41	3:26	9	40:59	34	48:19