



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

## Detailed evaluation

**Koch, Guido**

**Total time: 3:12:19**

Club: ohne Verein

Number: 308

Course: 55.40 km

Rank in course/Total: 42 (of 59)

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

Rank in course/Men: 37 (of 47)

Best time in course: 2:22:22

Category:

Rank in category: 3(of 3)

AK2 männlich (25-29 Jahre)

Best time in the category: 2:22:22

### 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	36:00	25:42	3	13:36	41	13:36	1.40	36:00	25:42	3	13:36	41	13:36
Wechsel S -> R	-	4:17	-	3	2:25	30	2:25	1.40	40:17	28:46	3	15:38	39	15:38
Schwimmen Total	1.40	40:17	28:46	3	15:38	39	15:38	1.40	40:17	28:46	3	15:38	39	15:38
Rad netto	44.00	1:35:52	2:10	3	22:49	31	22:49	45.40	2:16:09	2:59	3	37:22	37	37:22
Wechsel R -> L	-	2:55	-	3	1:22	31	1:22	45.40	2:19:04	3:03	3	38:44	36	1:48:14
Rad Total	44.00	1:38:47	2:14	3	24:11	30	24:11	45.40	2:19:04	3:03	3	38:44	36	1:48:14
Lauf	10.00	53:15	5:19	2	11:13	33	12:32	55.40	3:12:19	3:28	3	49:57	37	49:57