



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

## Detailed evaluation

**Köhler, Holger**

**Total time: 3:12:40**

Club: Tri-Corps Warstein

Number: 356

Course: 55.40 km

Rank in course/Total: 44 (of 59)

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

Rank in course/Men: 38 (of 47)

Best time in course: 2:22:22

Category:

Rank in category: 6(of 6)

Senioren 4 (55-59 Jahre)

Best time in the category: 2:35:51

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	1.40	28:25	20:17	2	3:12	15	6:01	1.40	28:25	20:17	2	3:12	15	6:01
Wechsel S -> R	-	5:46	-	5	3:31	42	3:54	1.40	34:11	24:24	4	6:43	26	9:32
Schwimmen Total	1.40	34:11	24:24	4	6:43	26	9:32	1.40	34:11	24:24	4	6:43	26	9:32
Rad netto	44.00	1:39:07	2:15	6	16:22	39	26:04	45.40	2:13:18	2:56	5	23:05	30	34:31
Wechsel R -> L	-	4:27	-	5	2:35	45	2:54	45.40	2:17:45	3:02	6	1:46:55	33	1:46:55
Rad Total	44.00	1:43:34	2:21	5	18:57	40	28:58	45.40	2:17:45	3:02	6	1:46:55	33	1:46:55
Lauf	10.00	54:55	5:29	5	11:39	37	14:12	55.40	3:12:40	3:28	6	36:49	38	50:18