



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 |