



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

ten Doornkaat Koolman, Uwe

Total time: 3:39:22

Club: 1. Tri-Teams Gütersloh GTV

Number: 326

Course: 55.40 km

Rank in course/Total: 56 (of 59)

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

Rank in course/Men: 46 (of 47)

Best time in course: 2:22:22

Category:

Rank in category: 5(of 5)

Senioren 3 (50-54 Jahre)

Best time in the category: 2:32:07

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 | 29:41 | 21:12 | 2 | 3:17 | 24 | 7:17 | 1.40 | 29:41 | 21:12 | 2 | 3:17 | 24 | 7:17 | |
| Wechsel S -> R | - | 3:48 | - | 3 | 1:39 | 22 | 1:56 | 1.40 | 33:29 | 23:55 | 2 | 4:56 | 22 | 8:50 | |
| Schwimmen Total | 1.40 | 33:29 | 23:55 | 2 | 4:56 | 22 | 8:50 | 1.40 | 33:29 | 23:55 | 2 | 4:56 | 22 | 8:50 | |
| Rad netto | 44.00 | 1:49:14 | 2:28 | 5 | 31:21 | 45 | 36:11 | 45.40 | 2:22:43 | 3:08 | 5 | 36:17 | 42 | 43:56 | |
| Wechsel R -> L | - | 4:06 | - | 5 | 2:23 | 43 | 2:33 | 45.40 | 2:26:49 | 3:14 | 5 | 38:40 | 44 | 1:55:59 | |
| Rad Total | 44.00 | 1:53:20 | 2:34 | 5 | 33:44 | 44 | 38:44 | 45.40 | 2:26:49 | 3:14 | 5 | 38:40 | 44 | 1:55:59 | |
| Lauf | 10.00 | 1:12:33 | 7:15 | 5 | 28:35 | 45 | 31:50 | 55.40 | 3:39:22 | 3:57 | 5 | 1:07:15 | 46 | 1:17:00 | |