



# 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			Total ranking		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