



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Valero Gallegos, Raul

Total time: 1:09:12

Club: EJOT Team TV Buschütten

Number: 165

Course: 25.70 km

Rank in course/Total: 1 (of 109)

Volksdistanz (0,70-20,00-5,00)

Rank in course/Men: 1 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 1(of 4)

AK1 männlich (20-24 Jahre)

Best time in the category: 1:09:12

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	0.70	13:25	19:10	1	-	7	2:48	0.70	13:25	19:10	1	-	8	13:25
Wechsel S -> R	-	1:47	-	1	-	2	0:04	0.70	15:12	21:42	1	-	7	15:12
Schwimmen Total	0.70	15:12	21:42	1	-	7	15:12	0.70	15:12	21:42	1	-	7	15:12
Rad netto	20.00	35:29	1:46	1	-	4	1:31	20.70	50:41	2:26	1	-	4	1:28
Wechsel R -> L	-	1:01	-	1	-	1	-	20.70	51:42	2:29	1	-	4	1:12
Rad Total	20.00	36:30	1:49	1	-	4	1:15	20.70	51:42	2:29	1	-	4	1:12
Lauf	5.00	17:30	3:30	1	-	1	-	25.70	1:09:12	2:41	1	-	1	-