



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Weier, Ralf

Total time: 1:10:19

Club: Marathon-Club Menden

Number: 187

Course: 25.70 km

Rank in course/Total: 2 (of 109)

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

Rank in course/Men: 2 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 1(of 20)

Senioren 3 (50-54 Jahre)

Best time in the category: 1:10:19

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	13:03	18:38	1	-	5	2:26	0.70	13:03	18:38	1	-	6	13:03
Wechsel S -> R	-	2:12	-	1	-	8	0:29	0.70	15:15	21:47	1	-	8	15:15
Schwimmen Total	0.70	15:15	21:47	1	-	8	15:15	0.70	15:15	21:47	1	-	8	15:15
Rad netto	20.00	33:58	1:41	1	-	1	-	20.70	49:13	2:22	1	-	1	-
Wechsel R -> L	-	1:17	-	1	-	3	0:16	20.70	50:30	2:26	1	-	1	-
Rad Total	20.00	35:15	1:45	1	-	1	-	20.70	50:30	2:26	1	-	1	-
Lauf	5.00	19:49	3:57	1	-	2	2:19	25.70	1:10:19	2:44	1	-	2	1:07