



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

## Detailed evaluation

**Orlowski, Carsten**

**Total time: 1:11:10**

Club: Aqua-Sports Plettenberg

Number: 137

Course: 25.70 km

Rank in course/Total: 3 (of 109)

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

Rank in course/Men: 3 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 1(of 9)

Senioren 1 (40-44 Jahre)

Best time in the category: 1:11:10

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	0.70	12:07	17:18	1	-	4	1:30	0.70	12:07	17:18	1	-	5	12:07
Wechsel S -> R	-	2:35	-	2	0:38	21	0:52	0.70	14:42	21:00	1	-	6	14:42
Schwimmen Total	0.70	14:42	21:00	1	-	6	14:42	0.70	14:42	21:00	1	-	6	14:42
Rad netto	20.00	34:32	1:43	1	-	2	0:34	20.70	49:14	2:22	1	-	2	0:01
Wechsel R -> L	-	1:29	-	2	0:13	12	0:28	20.70	50:43	2:27	1	-	2	0:13
Rad Total	20.00	36:01	1:48	1	-	2	0:46	20.70	50:43	2:27	1	-	2	0:13
Lauf	5.00	20:27	4:05	2	0:31	7	2:57	25.70	1:11:10	2:46	1	-	3	1:58