



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Schumann, Frank

Total time: 1:15:26

Club: LG Deiringsen

Number: 204

Course: 25.70 km

Rank in course/Total: 7 (of 109)

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

Rank in course/Men: 7 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 1(of 8)

Senioren 4 (55-59 Jahre)

Best time in the category: 1:15:26

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	15:04	21:31	1	-	16	4:27	0.70	15:04	21:31	1	-	17	15:04
Wechsel S -> R	-	2:39	-	4	0:27	22	0:56	0.70	17:43	25:18	1	-	16	17:43
Schwimmen Total	0.70	17:43	25:18	1	-	16	17:43	0.70	17:43	25:18	1	-	16	17:43
Rad netto	20.00	36:26	1:49	1	-	5	2:28	20.70	54:09	2:36	1	-	7	4:56
Wechsel R -> L	-	1:21	-	1	-	5	0:20	20.70	55:30	2:40	1	-	7	5:00
Rad Total	20.00	37:47	1:53	1	-	5	2:32	20.70	55:30	2:40	1	-	7	5:00
Lauf	5.00	19:56	3:59	1	-	3	2:26	25.70	1:15:26	2:56	1	-	7	6:14