



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Lamotte, Burkhard

Total time: 1:18:04

Club: VFL Bad Arolsen

Number: 106

Course: 25.70 km

Rank in course/Total: 8 (of 109)

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

Rank in course/Men: 8 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 1(of 12)

Senioren 2 (45-49 Jahre)

Best time in the category: 1:18:04

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	13:07	18:44	2	1:08	6	2:30	0.70	13:07	18:44	2	1:08	7	13:07
Wechsel S -> R	-	2:18	-	4	0:30	12	0:35	0.70	15:25	22:01	2	1:13	9	15:25
Schwimmen Total	0.70	15:25	22:01	2	1:13	9	15:25	0.70	15:25	22:01	2	1:13	9	15:25
Rad netto	20.00	39:06	1:57	3	1:54	18	5:08	20.70	54:31	2:38	1	-	8	5:18
Wechsel R -> L	-	2:36	-	10	1:12	62	1:35	20.70	57:07	2:45	1	-	8	6:37
Rad Total	20.00	41:42	2:05	4	2:57	20	6:27	20.70	57:07	2:45	1	-	8	6:37
Lauf	5.00	20:57	4:11	1	-	11	3:27	25.70	1:18:04	3:02	1	-	8	8:52