



# 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       |