



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

## Detailed evaluation

**Kramer, Stephan**

**Total time: 1:19:54**

Club: TriFun Güstrow

Number: 195

Course: 25.70 km

Rank in course/Total: 9 (of 109)

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

Rank in course/Men: 9 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 3(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	13:32	19:20	3	1:25	9	2:55	0.70	13:32	19:20	3	1:25	10	13:32
Wechsel S -> R	-	2:48	-	3	0:51	27	1:05	0.70	16:20	23:19	2	1:38	11	16:20
Schwimmen Total	0.70	16:20	23:19	2	1:38	11	16:20	0.70	16:20	23:19	2	1:38	11	16:20
Rad netto	20.00	38:55	1:56	3	4:23	17	4:57	20.70	55:15	2:40	3	6:01	9	6:02
Wechsel R -> L	-	1:55	-	4	0:39	34	0:54	20.70	57:10	2:45	3	6:27	9	6:40
Rad Total	20.00	40:50	2:02	3	4:49	16	5:35	20.70	57:10	2:45	3	6:27	9	6:40
Lauf	5.00	22:44	4:32	3	2:48	25	5:14	25.70	1:19:54	3:06	3	8:44	9	10:42