



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Scharfenstein, Sven

Total time: 1:20:01

Club: SV Tri City Darmstadt e.V.

Number: 107

Course: 25.70 km

Rank in course/Total: 10 (of 109)

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

Rank in course/Men: 10 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 2(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	17:41	25:15	6	5:42	41	7:04	0.70	17:41	25:15	6	5:42	42	17:41
Wechsel S -> R	-	1:48	-	1	-	3	0:05	0.70	19:29	27:50	5	5:17	28	19:29
Schwimmen Total	0.70	19:29	27:50	5	5:17	28	19:29	0.70	19:29	27:50	5	5:17	28	19:29
Rad netto	20.00	37:12	1:51	1	-	6	3:14	20.70	56:41	2:44	2	2:10	13	7:28
Wechsel R -> L	-	1:33	-	3	0:09	17	0:32	20.70	58:14	2:48	2	1:07	12	7:44
Rad Total	20.00	38:45	1:56	1	-	6	3:30	20.70	58:14	2:48	2	1:07	12	7:44
Lauf	5.00	21:47	4:21	4	0:50	19	4:17	25.70	1:20:01	3:06	2	1:57	10	10:49