



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Bewermeier, Sebastian

Total time: 1:20:50

Club: LC Wiedenbrück

Number: 117

Course: 25.70 km

Rank in course/Total: 12 (of 109)

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

Rank in course/Men: 12 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 1(of 6)

AK3 männlich (30-34 Jahre)

Best time in the category: 1:20:50

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	15:49	22:35	3	2:06	22	5:12	0.70	15:49	22:35	3	2:06	23	15:49
Wechsel S -> R	-	2:28	-	2	0:03	14	0:45	0.70	18:17	26:07	3	4:58	21	18:17
Schwimmen Total	0.70	18:17	26:07	3	4:58	21	18:17	0.70	18:17	26:07	3	4:58	21	18:17
Rad netto	20.00	38:12	1:54	1	-	12	4:14	20.70	56:29	2:43	1	-	11	7:16
Wechsel R -> L	-	1:44	-	4	0:11	28	0:43	20.70	58:13	2:48	1	-	11	7:43
Rad Total	20.00	39:56	1:59	1	-	11	4:41	20.70	58:13	2:48	1	-	11	7:43
Lauf	5.00	22:37	4:31	1	-	23	5:07	25.70	1:20:50	3:08	1	-	12	11:38