



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Herting, Jörg

Total time: 1:21:32

Club: Tri-Cops Warstein

Number: 134

Course: 25.70 km

Rank in course/Total: 13 (of 109)

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

Rank in course/Men: 13 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 3(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 | 15:42 | 22:25 | 3 | 3:43 | 20 | 5:05 | 0.70 | 15:42 | 22:25 | 3 | 3:43 | 21 | 15:42 |
| Wechsel S -> R | - | 2:16 | - | 3 | 0:28 | 11 | 0:33 | 0.70 | 17:58 | 25:39 | 3 | 3:46 | 18 | 17:58 |
| Schwimmen Total | 0.70 | 17:58 | 25:39 | 3 | 3:46 | 18 | 17:58 | 0.70 | 17:58 | 25:39 | 3 | 3:46 | 18 | 17:58 |
| Rad netto | 20.00 | 40:46 | 2:02 | 5 | 3:34 | 25 | 6:48 | 20.70 | 58:44 | 2:50 | 4 | 4:13 | 18 | 9:31 |
| Wechsel R -> L | - | 1:33 | - | 3 | 0:09 | 17 | 0:32 | 20.70 | 1:00:17 | 2:54 | 4 | 3:10 | 17 | 9:47 |
| Rad Total | 20.00 | 42:19 | 2:06 | 5 | 3:34 | 23 | 7:04 | 20.70 | 1:00:17 | 2:54 | 4 | 3:10 | 17 | 9:47 |
| Lauf | 5.00 | 21:15 | 4:15 | 2 | 0:18 | 15 | 3:45 | 25.70 | 1:21:32 | 3:10 | 3 | 3:28 | 13 | 12:20 |