



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Herting, Jörg

Club: Tri-Cops Warstein

Number: 134

Course: 25.70 km

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

Category:

Senioren 2 (45-49 Jahre)

Total time: 1:21:32

Rank in course/Total: 13 (of 109)

Rank in course/Men: 13 (of 83)

Best time in course: 1:09:12

Rank in category: 3(of 12)

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