



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Dahlmann, Walter

Total time: 1:22:27

Club: Arnsberg

Number: 144

Course: 25.70 km

Rank in course/Total: 17 (of 109)

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

Rank in course/Men: 17 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 2(of 20)

Senioren 3 (50-54 Jahre)

Best time in the category: 1:10:19

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	14:04	20:05	2	1:01	12	3:27	0.70	14:04	20:05	2	1:01	13	14:04
Wechsel S -> R	-	2:44	-	3	0:32	24	1:01	0.70	16:48	24:00	2	1:33	13	16:48
Schwimmen Total	0.70	16:48	24:00	2	1:33	13	16:48	0.70	16:48	24:00	2	1:33	13	16:48
Rad netto	20.00	40:03	2:00	6	6:05	21	6:05	20.70	56:51	2:44	3	7:38	14	7:38
Wechsel R -> L	-	2:02	-	4	0:45	41	1:01	20.70	58:53	2:50	2	8:23	13	8:23
Rad Total	20.00	42:05	2:06	5	6:50	21	6:50	20.70	58:53	2:50	2	8:23	13	8:23
Lauf	5.00	23:34	4:42	6	3:45	36	6:04	25.70	1:22:27	3:12	2	12:08	17	13:15