



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Theine, Stefan

Club: SC Siedlinghausen

Number: 220

Course: 25.70 km

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

Category:

Senioren 2 (45-49 Jahre)

Total time: 1:22:21

Rank in course/Total: 15 (of 109)

Rank in course/Men: 15 (of 83)

Best time in course: 1:09:12

Rank in category: 4(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	18:29	26:24	9	6:30	55	7:52	0.70	18:29	26:24	9	6:30	56	18:29
Wechsel S -> R	-	2:29	-	5	0:41	17	0:46	0.70	20:58	29:57	8	6:46	45	20:58
Schwimmen Total	0.70	20:58	29:57	8	6:46	45	20:58	0.70	20:58	29:57	8	6:46	45	20:58
Rad netto	20.00	37:56	1:53	2	0:44	9	3:58	20.70	58:54	2:50	5	4:23	19	9:41
Wechsel R -> L	-	2:01	-	7	0:37	40	1:00	20.70	1:00:55	2:56	5	3:48	18	10:25
Rad Total	20.00	39:57	1:59	2	1:12	12	4:42	20.70	1:00:55	2:56	5	3:48	18	10:25
Lauf	5.00	21:26	4:17	3	0:29	17	3:56	25.70	1:22:21	3:12	4	4:17	15	13:09