



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Gräser, Ralf

Total time: 1:22:41

Club: TriSpeed Herscheid

Number: 136

Course: 25.70 km

Rank in course/Total: 18 (of 109)

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

Rank in course/Men: 18 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 5(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	11:59	17:07	1	-	3	1:22	0.70	11:59	17:07	1	-	4	11:59
Wechsel S -> R	-	2:13	-	2	0:25	10	0:30	0.70	14:12	20:17	1	-	5	14:12
Schwimmen Total	0.70	14:12	20:17	1	-	5	14:12	0.70	14:12	20:17	1	-	5	14:12
Rad netto	20.00	43:16	2:09	7	6:04	38	9:18	20.70	57:28	2:46	3	2:57	15	8:15
Wechsel R -> L	-	1:39	-	5	0:15	24	0:38	20.70	59:07	2:51	3	2:00	14	8:37
Rad Total	20.00	44:55	2:14	7	6:10	38	9:40	20.70	59:07	2:51	3	2:00	14	8:37
Lauf	5.00	23:34	4:42	7	2:37	36	6:04	25.70	1:22:41	3:13	5	4:37	18	13:29