



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Spilker, Martin

Total time: 1:22:53

Club: PSV Brilon

Number: 125

Course: 25.70 km

Rank in course/Total: 19 (of 109)

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

Rank in course/Men: 19 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 3(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.70	18:44	26:45	14	5:41	58	8:07	0.70	18:44	26:45	14	5:41	59	18:44
Wechsel S -> R	-	3:32	-	10	1:20	45	1:49	0.70	22:16	31:48	12	7:01	53	22:16
Schwimmen Total	0.70	22:16	31:48	12	7:01	53	22:16	0.70	22:16	31:48	12	7:01	53	22:16
Rad netto	20.00	38:34	1:55	3	4:36	14	4:36	20.70	1:00:50	2:56	6	11:37	26	11:37
Wechsel R -> L	-	1:29	-	2	0:12	12	0:28	20.70	1:02:19	3:00	6	11:49	24	11:49
Rad Total	20.00	40:03	2:00	2	4:48	13	4:48	20.70	1:02:19	3:00	6	11:49	24	11:49
Lauf	5.00	20:34	4:06	2	0:45	9	3:04	25.70	1:22:53	3:13	3	12:34	19	13:41