



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Plaßwilm, Andreas

Total time: 1:25:10

Club: fit4tri tg Bad Waldsee

Number: 191

Course: 25.70 km

Rank in course/Total: 28 (of 109)

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

Rank in course/Men: 27 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 6(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	17:27	24:55	9	4:24	39	6:50	0.70	17:27	24:55	9	4:24	40	17:27
Wechsel S -> R	-	3:03	-	5	0:51	32	1:20	0.70	20:30	29:17	8	5:15	37	20:30
Schwimmen Total	0.70	20:30	29:17	8	5:15	37	20:30	0.70	20:30	29:17	8	5:15	37	20:30
Rad netto	20.00	38:04	1:54	2	4:06	11	4:06	20.70	58:34	2:49	4	9:21	16	9:21
Wechsel R -> L	-	2:22	-	8	1:05	54	1:21	20.70	1:00:56	2:56	4	10:26	19	10:26
Rad Total	20.00	40:26	2:01	3	5:11	14	5:11	20.70	1:00:56	2:56	4	10:26	19	10:26
Lauf	5.00	24:14	4:50	8	4:25	43	6:44	25.70	1:25:10	3:18	6	14:51	27	15:58