



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Faust, Boris

Total time: 1:26:54

Club: FC Lennestadt

Number: 194

Course: 25.70 km

Rank in course/Total: 31 (of 109)

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

Rank in course/Men: 30 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 4(of 9)

Senioren 1 (40-44 Jahre)

Best time in the category: 1:11:10

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	16:08	23:02	7	4:01	29	5:31	0.70	16:08	23:02	7	4:01	30	16:08
Wechsel S -> R	-	4:46	-	7	2:49	64	3:03	0.70	20:54	29:51	6	6:12	43	20:54
Schwimmen Total	0.70	20:54	29:51	6	6:12	43	20:54	0.70	20:54	29:51	6	6:12	43	20:54
Rad netto	20.00	40:31	2:01	4	5:59	24	6:33	20.70	1:01:25	2:58	4	12:11	29	12:12
Wechsel R -> L	-	1:56	-	5	0:40	36	0:55	20.70	1:03:21	3:03	4	12:38	28	12:51
Rad Total	20.00	42:27	2:07	4	6:26	24	7:12	20.70	1:03:21	3:03	4	12:38	28	12:51
Lauf	5.00	23:33	4:42	4	3:37	34	6:03	25.70	1:26:54	3:22	4	15:44	30	17:42