



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Geske, Guntram

Total time: 1:27:44

Club: Köln

Number: 129

Course: 25.70 km

Rank in course/Total: 34 (of 109)

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

Rank in course/Men: 31 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 8(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	18:00	25:42	11	4:57	47	7:23	0.70	18:00	25:42	11	4:57	48	18:00
Wechsel S -> R	-	4:19	-	17	2:07	61	2:36	0.70	22:19	31:52	13	7:04	54	22:19
Schwimmen Total	0.70	22:19	31:52	13	7:04	54	22:19	0.70	22:19	31:52	13	7:04	54	22:19
Rad netto	20.00	40:25	2:01	7	6:27	23	6:27	20.70	1:02:44	3:01	8	13:31	34	13:31
Wechsel R -> L	-	2:05	-	5	0:48	44	1:04	20.70	1:04:49	3:07	8	14:19	35	14:19
Rad Total	20.00	42:30	2:07	7	7:15	25	7:15	20.70	1:04:49	3:07	8	14:19	35	14:19
Lauf	5.00	22:55	4:35	5	3:06	27	5:25	25.70	1:27:44	3:24	8	17:25	31	18:32