



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Kramer, Matthias

Total time: 1:26:52

Club: Skiclub Remblinghausen

Number: 159

Course: 25.70 km

Rank in course/Total: 30 (of 109)

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

Rank in course/Men: 29 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 3(of 9)

AK2 männlich (25-29 Jahre)

Best time in the category: 1:12:35

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	17:38	25:11	3	7:01	40	7:01	0.70	17:38	25:11	3	7:01	41	17:38
Wechsel S -> R	-	3:00	-	6	1:17	31	1:17	0.70	20:38	29:28	4	7:58	41	20:38
Schwimmen Total	0.70	20:38	29:28	4	7:58	41	20:38	0.70	20:38	29:28	4	7:58	41	20:38
Rad netto	20.00	41:23	2:04	3	3:57	30	7:25	20.70	1:02:01	2:59	3	11:55	31	12:48
Wechsel R -> L	-	1:32	-	5	0:11	16	0:31	20.70	1:03:33	3:04	3	12:05	29	13:03
Rad Total	20.00	42:55	2:08	3	4:07	28	7:40	20.70	1:03:33	3:04	3	12:05	29	13:03
Lauf	5.00	23:19	4:39	3	3:11	32	5:49	25.70	1:26:52	3:22	3	14:17	29	17:40