



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

## Detailed evaluation

**Scheideler, Thomas**

**Total time: 1:28:42**

Club: Lauffreunde FKK

Number: 170

Course: 25.70 km

Rank in course/Total: 38 (of 109)

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

Rank in course/Men: 34 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 4(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	17:46	25:22	4	7:09	42	7:09	0.70	17:46	25:22	4	7:09	43	17:46
Wechsel S -> R	-	2:31	-	3	0:48	19	0:48	0.70	20:17	28:58	3	7:37	36	20:17
Schwimmen Total	0.70	20:17	28:58	3	7:37	36	20:17	0.70	20:17	28:58	3	7:37	36	20:17
Rad netto	20.00	42:31	2:07	4	5:05	37	8:33	20.70	1:02:48	3:02	4	12:42	35	13:35
Wechsel R -> L	-	1:29	-	4	0:08	12	0:28	20.70	1:04:17	3:06	4	12:49	33	13:47
Rad Total	20.00	44:00	2:12	4	5:12	33	8:45	20.70	1:04:17	3:06	4	12:49	33	13:47
Lauf	5.00	24:25	4:53	4	4:17	46	6:55	25.70	1:28:42	3:27	4	16:07	34	19:30