



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Liesen, Hubert

Total time: 1:30:23

Club: Lt. olsberg

Number: 162

Course: 25.70 km

Rank in course/Total: 41 (of 109)

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

Rank in course/Men: 36 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 1(of 3)

Senioren 5 (60-64 Jahre)

Best time in the category: 1:30:23

Intermediate times						Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen nett	0.70	16:04	22:57	2	0:30	27	5:27	0.70	16:04	22:57	2	0:30	28	16:04	
Wechsel S -> R	-	3:46	-	1	-	50	2:03	0.70	19:50	28:19	1	-	30	19:50	
Schwimmen Total	0.70	19:50	28:19	1	-	30	19:50	0.70	19:50	28:19	1	-	30	19:50	
Rad netto	20.00	44:08	2:12	2	2:08	41	10:10	20.70	1:03:58	3:05	1	-	39	14:45	
Wechsel R -> L	-	2:52	-	3	0:38	75	1:51	20.70	1:06:50	3:13	1	-	39	16:20	
Rad Total	20.00	47:00	2:21	2	2:46	48	11:45	20.70	1:06:50	3:13	1	-	39	16:20	
Lauf	5.00	23:33	4:42	1	-	34	6:03	25.70	1:30:23	3:31	1	-	36	21:11	