



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Papenfuß, Jürgen

Total time: 1:30:42

Club: Dortmund

Number: 224

Course: 25.70 km

Rank in course/Total: 42 (of 109)

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

Rank in course/Men: 37 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 9(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.70	19:53	28:24	17	6:50	66	9:16	0.70	19:53	28:24	17	6:50	67	19:53
Wechsel S -> R	-	2:50	-	4	0:38	28	1:07	0.70	22:43	32:27	15	7:28	59	22:43
Schwimmen Total	0.70	22:43	32:27	15	7:28	59	22:43	0.70	22:43	32:27	15	7:28	59	22:43
Rad netto	20.00	40:58	2:02	9	7:00	28	7:00	20.70	1:03:41	3:04	10	14:28	38	14:28
Wechsel R -> L	-	2:37	-	14	1:20	63	1:36	20.70	1:06:18	3:12	10	15:48	38	15:48
Rad Total	20.00	43:35	2:10	8	8:20	30	8:20	20.70	1:06:18	3:12	10	15:48	38	15:48
Lauf	5.00	24:24	4:52	10	4:35	45	6:54	25.70	1:30:42	3:31	9	20:23	37	21:30