



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Stahlmecke, Peter

Total time: 1:30:52

Club: Köln

Number: 114

Course: 25.70 km

Rank in course/Total: 43 (of 109)

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

Rank in course/Men: 38 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 3(of 6)

AK3 männlich (30-34 Jahre)

Best time in the category: 1:20:50

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	16:28	23:31	4	2:45	34	5:51	0.70	16:28	23:31	4	2:45	35	16:28
Wechsel S -> R	-	4:36	-	4	2:11	62	2:53	0.70	21:04	30:05	5	7:45	47	21:04
Schwimmen Total	0.70	21:04	30:05	5	7:45	47	21:04	0.70	21:04	30:05	5	7:45	47	21:04
Rad netto	20.00	45:16	2:15	2	7:04	48	11:18	20.70	1:06:20	3:12	4	9:51	46	17:07
Wechsel R -> L	-	1:37	-	3	0:04	23	0:36	20.70	1:07:57	3:16	5	9:44	46	17:27
Rad Total	20.00	46:53	2:20	3	6:57	45	11:38	20.70	1:07:57	3:16	5	9:44	46	17:27
Lauf	5.00	22:55	4:35	2	0:18	27	5:25	25.70	1:30:52	3:32	3	10:02	38	21:40