



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Sander, Florian

Total time: 1:30:52

Club: Köln

Number: 119

Course: 25.70 km

Rank in course/Total: 44 (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.	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	15:09	21:38	2	1:26	17	4:32	0.70	15:09	21:38	2	1:26	18	15:09
Wechsel S -> R	-	4:56	-	5	2:31	66	3:13	0.70	20:05	28:41	4	6:46	34	20:05
Schwimmen Total	0.70	20:05	28:41	4	6:46	34	20:05	0.70	20:05	28:41	4	6:46	34	20:05
Rad netto	20.00	46:16	2:18	5	8:04	55	12:18	20.70	1:06:21	3:12	5	9:52	47	17:08
Wechsel R -> L	-	1:33	-	1	-	17	0:32	20.70	1:07:54	3:16	4	9:41	44	17:24
Rad Total	20.00	47:49	2:23	4	7:53	51	12:34	20.70	1:07:54	3:16	4	9:41	44	17:24
Lauf	5.00	22:58	4:35	3	0:21	30	5:28	25.70	1:30:52	3:32	3	10:02	38	21:40