



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Gülpinarli, Kenan

Total time: 1:31:44

Club: LT Starlight Team Essen

Number: 149

Course: 25.70 km

Rank in course/Total: 47 (of 109)

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

Rank in course/Men: 41 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 10(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.	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	18:28	26:22	13	5:25	54	7:51	0.70	18:28	26:22	13	5:25	55	18:28
Wechsel S -> R	-	3:21	-	9	1:09	40	1:38	0.70	21:49	31:10	11	6:34	51	21:49
Schwimmen Total	0.70	21:49	31:10	11	6:34	51	21:49	0.70	21:49	31:10	11	6:34	51	21:49
Rad netto	20.00	41:51	2:05	10	7:53	31	7:53	20.70	1:03:40	3:04	9	14:27	37	14:27
Wechsel R -> L	-	2:37	-	14	1:20	63	1:36	20.70	1:06:17	3:12	9	15:47	37	15:47
Rad Total	20.00	44:28	2:13	10	9:13	37	9:13	20.70	1:06:17	3:12	9	15:47	37	15:47
Lauf	5.00	25:27	5:05	14	5:38	54	7:57	25.70	1:31:44	3:34	10	21:25	41	22:32