



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Ladwig, Maximilian

Total time: 1:32:21

Club: LG Deiringsen

Number: 169

Course: 25.70 km

Rank in course/Total: 51 (of 109)

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

Rank in course/Men: 43 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 3(of 3)

Junioren (18+19 Jahre)

Best time in the category: 1:23:45

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	18:42	26:42	1	-	57	8:05	0.70	18:42	26:42	1	-	58	18:42
Wechsel S -> R	-	5:21	-	3	2:34	69	3:38	0.70	24:03	34:21	3	1:19	68	24:03
Schwimmen Total	0.70	24:03	34:21	3	1:19	68	24:03	0.70	24:03	34:21	3	1:19	68	24:03
Rad netto	20.00	45:13	2:15	3	7:11	47	11:15	20.70	1:09:16	3:20	3	8:30	56	20:03
Wechsel R -> L	-	2:23	-	3	0:34	56	1:22	20.70	1:11:39	3:27	3	9:04	56	21:09
Rad Total	20.00	47:36	2:22	3	7:45	49	12:21	20.70	1:11:39	3:27	3	9:04	56	21:09
Lauf	5.00	20:42	4:08	2	0:41	10	3:12	25.70	1:32:21	3:35	3	8:36	43	23:09