



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Heppe, Udo

Total time: 1:32:42

Club: Tri-Cops Warstein

Number: 230

Course: 25.70 km

Rank in course/Total: 52 (of 109)

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

Rank in course/Men: 44 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 11(of 20)

Senioren 3 (50-54 Jahre)

Best time in the category: 1:10:19

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Schwimmen nett	0.70	17:02	24:20	8	3:59	36	6:25	0.70	17:02	24:20	8	3:59	37	17:02
Wechsel S -> R	-	3:34	-	11	1:22	46	1:51	0.70	20:36	29:25	9	5:21	40	20:36
Schwimmen Total	0.70	20:36	29:25	9	5:21	40	20:36	0.70	20:36	29:25	9	5:21	40	20:36
Rad netto	20.00	44:50	2:14	13	10:52	44	10:52	20.70	1:05:26	3:09	12	16:13	41	16:13
Wechsel R -> L	-	2:05	-	5	0:48	44	1:04	20.70	1:07:31	3:15	12	17:01	43	17:01
Rad Total	20.00	46:55	2:20	13	11:40	46	11:40	20.70	1:07:31	3:15	12	17:01	43	17:01
Lauf	5.00	25:11	5:02	13	5:22	51	7:41	25.70	1:32:42	3:36	11	22:23	44	23:30