



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

## Detailed evaluation

Dünnebacke, Udo

Total time: 1:32:59

Club: Fichte-Marathon-Rookies

Number: 201

Course: 25.70 km

Rank in course/Total: 54 (of 109)

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

Rank in course/Men: 46 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 5(of 8)

Senioren 4 (55-59 Jahre)

Best time in the category: 1:15:26

### 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	17:55	25:35	5	2:51	45	7:18	0.70	17:55	25:35	5	2:51	46	17:55
Wechsel S -> R	-	3:26	-	7	1:14	43	1:43	0.70	21:21	30:30	6	3:38	49	21:21
Schwimmen Total	0.70	21:21	30:30	6	3:38	49	21:21	0.70	21:21	30:30	6	3:38	49	21:21
Rad netto	20.00	46:42	2:20	6	10:16	57	12:44	20.70	1:08:03	3:17	6	13:54	54	18:50
Wechsel R -> L	-	2:16	-	6	0:55	51	1:15	20.70	1:10:19	3:23	6	14:49	54	19:49
Rad Total	20.00	48:58	2:26	6	11:11	55	13:43	20.70	1:10:19	3:23	6	14:49	54	19:49
Lauf	5.00	22:40	4:31	5	2:44	24	5:10	25.70	1:32:59	3:37	5	17:33	46	23:47