



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

## Detailed evaluation

**Salingré, Michael**

**Total time: 3:26:36**

Club: Ingenieurbüro Salingré

Number: 321

Course: 55.40 km

Rank in course/Total: 79 (of 87)

Olympische Distanz (1,40-44,00-10,00)

Rank in course/Men: 68 (of 74)

Best time in course: 2:25:03

Category:

Rank in category: 2(of 2)

Senioren 5 (60-64 Jahre)

Best time in the category: 2:50:36

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	1.40	36:43	26:13	2	10:41	71	21:45	1.40	36:43	26:13	2	10:41	71	21:45
Wechsel S -> R	-	6:33	-	2	2:20	72	4:35	1.40	43:16	30:54	2	13:01	71	19:20
Schwimmen Total	1.40	43:16	30:54	2	13:01	71	19:20	1.40	43:16	30:54	2	13:01	71	19:20
Rad netto	44.00	1:47:01	2:25	2	14:29	70	1:46:59	45.40	2:30:17	3:18	2	27:30	71	2:04:42
Wechsel R -> L	-	2:58	-	2	0:05	57	1:32	45.40	2:33:15	3:22	2	27:35	68	47:03
Rad Total	44.00	1:49:59	2:29	2	14:34	67	28:46	45.40	2:33:15	3:22	2	27:35	68	47:03
Lauf	10.00	53:21	5:20	2	8:25	50	14:30	55.40	3:26:36	3:43	2	36:00	68	1:01:33