



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

## Detailed evaluation

### Jürgens, Michael

Club: Castrop-Rauxel

Number: 135

Course: 25.70 km

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

Category:

Senioren 2 (45-49 Jahre)

Total time: 1:37:21

Rank in course/Total: 70 (of 109)

Rank in course/Men: 57 (of 83)

Best time in course: 1:09:12

Rank in category: 9(of 12)

Best time in the category: 1:18:04

### 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	18:24	26:17	8	6:25	53	7:47	0.70	18:24	26:17	8	6:25	54	18:24
Wechsel S -> R	-	3:58	-	8	2:10	56	2:15	0.70	22:22	31:57	9	8:10	56	22:22
Schwimmen Total	0.70	22:22	31:57	9	8:10	56	22:22	0.70	22:22	31:57	9	8:10	56	22:22
Rad netto	20.00	44:55	2:14	8	7:43	45	10:57	20.70	1:07:17	3:15	9	12:46	50	18:04
Wechsel R -> L	-	2:03	-	8	0:39	42	1:02	20.70	1:09:20	3:20	8	12:13	48	18:50
Rad Total	20.00	46:58	2:20	8	8:13	47	11:43	20.70	1:09:20	3:20	8	12:13	48	18:50
Lauf	5.00	28:01	5:36	11	7:04	70	10:31	25.70	1:37:21	3:47	9	19:17	57	28:09