



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Janta, Sebastian

Total time: 2:35:21

Club: Tristar Oelde

Number: 354

Course: 55.40 km

Rank in course/Total: 5 (of 59)

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

Rank in course/Men: 5 (of 47)

Best time in course: 2:22:22

Category:

Rank in category: 1(of 9)

Senioren 1 (40-44 Jahre)

Best time in the category: 2:35:21

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	1.40	26:09	18:40	1	-	6	3:45	1.40	26:09	18:40	1	-	6	3:45
Wechsel S -> R	-	2:12	-	1	-	3	0:20	1.40	28:21	20:15	1	-	6	3:42
Schwimmen Total	1.40	28:21	20:15	1	-	6	3:42	1.40	28:21	20:15	1	-	6	3:42
Rad netto	44.00	1:22:57	1:53	2	0:25	8	9:54	45.40	1:51:18	2:27	1	-	6	12:31
Wechsel R -> L	-	1:41	-	1	-	4	0:08	45.40	1:52:59	2:29	1	-	7	1:22:09
Rad Total	44.00	1:24:38	1:55	1	-	7	10:02	45.40	1:52:59	2:29	1	-	7	1:22:09
Lauf	10.00	42:22	4:14	1	-	4	1:39	55.40	2:35:21	2:48	1	-	5	12:59