



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Diste, Michael

Total time: 1:41:37

Club: Frechen

Number: 105

Course: 25.70 km

Rank in course/Total: 82 (of 109)

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

Rank in course/Men: 64 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 10(of 12)

Senioren 2 (45-49 Jahre)

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	19:38	28:02	11	7:39	65	9:01	0.70	19:38	28:02	11	7:39	66	19:38
Wechsel S -> R	-	5:19	-	11	3:31	68	3:36	0.70	24:57	35:38	11	10:45	70	24:57
Schwimmen Total	0.70	24:57	35:38	11	10:45	70	24:57	0.70	24:57	35:38	11	10:45	70	24:57
Rad netto	20.00	46:26	2:19	10	9:14	56	12:28	20.70	1:11:23	3:26	10	16:52	64	22:10
Wechsel R -> L	-	2:34	-	9	1:10	61	1:33	20.70	1:13:57	3:34	10	16:50	66	23:27
Rad Total	20.00	49:00	2:27	9	10:15	56	13:45	20.70	1:13:57	3:34	10	16:50	66	23:27
Lauf	5.00	27:40	5:31	10	6:43	68	10:10	25.70	1:41:37	3:57	10	23:33	64	32:25