



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

## Detailed evaluation

Graefe, Jens

Total time: 2:39:14

Number: 340

Course: 55.40 km

Rank in course/Total: 8 (of 59)

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

Rank in course/Men: 7 (of 47)

Best time in course: 2:22:22

Category:

Rank in category: 3(of 13)

Senioren 2 (45-49 Jahre)

Best time in the category: 2:29:42

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Schwimmen nett  | 1.40        | 26:34         | 18:58           | 3           | 1:40           | 9           | 4:10          | 1.40          | 26:34         | 18:58           | 3           | 1:40           | 9          | 4:10          |
| Wechsel S -> R  | -           | 2:15          | -               | 1           | -              | 4           | 0:23          | 1.40          | 28:49         | 20:35           | 3           | 1:24           | 8          | 4:10          |
| Schwimmen Total | 1.40        | 28:49         | 20:35           | 3           | 1:24           | 8           | 4:10          | 1.40          | 28:49         | 20:35           | 3           | 1:24           | 8          | 4:10          |
| Rad netto       | 44.00       | 1:26:04       | 1:57            | 3           | 8:57           | 11          | 13:01         | 45.40         | 1:54:53       | 2:31            | 3           | 10:02          | 8          | 16:06         |
| Wechsel R -> L  | -           | 2:21          | -               | 4           | 0:42           | 17          | 0:48          | 45.40         | 1:57:14       | 2:34            | 3           | 10:09          | 10         | 1:26:24       |
| Rad Total       | 44.00       | 1:28:25       | 2:00            | 3           | 9:04           | 11          | 13:49         | 45.40         | 1:57:14       | 2:34            | 3           | 10:09          | 10         | 1:26:24       |
| Lauf            | 10.00       | 42:00         | 4:12            | 2           | 1:17           | 2           | 1:17          | 55.40         | 2:39:14       | 2:52            | 3           | 9:32           | 7          | 16:52         |