



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Thielen, Stefan

Total time: 2:42:07

Club: Hahn Training Systems

Number: 322

Course: 55.40 km

Rank in course/Total: 10 (of 59)

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

Rank in course/Men: 9 (of 47)

Best time in course: 2:22:22

Category:

Rank in category: 2(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	1.40	26:31	18:56	2	0:22	8	4:07	1.40	26:31	18:56	2	0:22	8	4:07
Wechsel S -> R	-	2:52	-	5	0:40	12	1:00	1.40	29:23	20:59	2	1:02	9	4:44
Schwimmen Total	1.40	29:23	20:59	2	1:02	9	4:44	1.40	29:23	20:59	2	1:02	9	4:44
Rad netto	44.00	1:26:49	1:58	5	4:17	13	13:46	45.40	1:56:12	2:33	3	4:54	11	17:25
Wechsel R -> L	-	1:56	-	2	0:15	7	0:23	45.40	1:58:08	2:36	3	5:09	12	1:27:18
Rad Total	44.00	1:28:45	2:01	5	4:07	12	14:09	45.40	1:58:08	2:36	3	5:09	12	1:27:18
Lauf	10.00	43:59	4:23	2	1:37	11	3:16	55.40	2:42:07	2:55	2	6:46	9	19:45