



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Lucashen, Marcus

Total time: 3:16:04

Club: Jobware.de

Number: 317

Course: 55.40 km

Rank in course/Total: 45 (of 59)

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

Rank in course/Men: 39 (of 47)

Best time in course: 2:22:22

Category:

Rank in category: 10(of 13)

Senioren 2 (45-49 Jahre)

Best time in the category: 2:29:42

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	35:59	25:42	11	11:05	40	13:35	1.40	35:59	25:42	11	11:05	40	13:35
Wechsel S -> R	-	3:43	-	6	1:28	21	1:51	1.40	39:42	28:21	10	12:17	38	15:03
Schwimmen Total	1.40	39:42	28:21	10	12:17	38	15:03	1.40	39:42	28:21	10	12:17	38	15:03
Rad netto	44.00	1:35:31	2:10	8	18:24	30	22:28	45.40	2:15:13	2:58	9	30:22	33	36:26
Wechsel R -> L	-	2:43	-	7	1:04	23	1:10	45.40	2:17:56	3:02	9	30:51	34	1:47:06
Rad Total	44.00	1:38:14	2:13	7	18:53	28	23:38	45.40	2:17:56	3:02	9	30:51	34	1:47:06
Lauf	10.00	58:08	5:48	12	17:25	41	17:25	55.40	3:16:04	3:32	10	46:22	39	53:42