



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

## Detailed evaluation

**Johannsen, Michael**

**Total time: 3:10:56**

Club: BSC Buderich

Number: 302

Course: 55.40 km

Rank in course/Total: 40 (of 59)

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

Rank in course/Men: 35 (of 47)

Best time in course: 2:22:22

Category:

Rank in category: 7(of 9)

Senioren 1 (40-44 Jahre)

Best time in the category: 2:35:21

### 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       |               |                 | 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        | 39:18         | 28:04           | 9           | 13:09          | 44          | 16:54         | 1.40        | 39:18         | 28:04           | 9             | 13:09          | 44         | 16:54         |
| Wechsel S -> R  | -           | 6:00          | -               | 9           | 3:48           | 43          | 4:08          | 1.40        | 45:18         | 32:21           | 9             | 16:57          | 44         | 20:39         |
| Schwimmen Total | 1.40        | 45:18         | 32:21           | 9           | 16:57          | 44          | 20:39         | 1.40        | 45:18         | 32:21           | 9             | 16:57          | 44         | 20:39         |
| Rad netto       | 44.00       | 1:36:19       | 2:11            | 7           | 13:47          | 33          | 23:16         | 45.40       | 2:21:37       | 3:07            | 8             | 30:19          | 40         | 42:50         |
| Wechsel R -> L  | -           | 3:12          | -               | 8           | 1:31           | 33          | 1:39          | 45.40       | 2:24:49       | 3:11            | 8             | 31:50          | 39         | 1:53:59       |
| Rad Total       | 44.00       | 1:39:31       | 2:15            | 7           | 14:53          | 31          | 24:55         | 45.40       | 2:24:49       | 3:11            | 8             | 31:50          | 39         | 1:53:59       |
| Lauf            | 10.00       | 46:07         | 4:36            | 3           | 3:45           | 13          | 5:24          | 55.40       | 3:10:56       | 3:26            | 7             | 35:35          | 35         | 48:34         |