



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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