



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

## Detailed evaluation

**Dienelt, Niclas**

**Total time: 3:00:26**

Club: Düsseldorf

Number: 324

Course: 55.40 km

Rank in course/Total: 28 (of 59)

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

Rank in course/Men: 25 (of 47)

Best time in course: 2:22:22

Category:

Rank in category: 4(of 6)

AK4 männlich (35-39 Jahre)

Best time in the category: 2:50:37

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		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	30:58	22:07	5	4:04	29	8:34	1.40	30:58	22:07	5	4:04	29	8:34	
Wechsel S -> R	-	3:42	-	2	0:16	20	1:50	1.40	34:40	24:45	5	4:20	29	10:01	
Schwimmen Total	1.40	34:40	24:45	5	4:20	29	10:01	1.40	34:40	24:45	5	4:20	29	10:01	
Rad netto	44.00	1:29:53	2:02	2	0:13	18	16:50	45.40	2:04:33	2:44	4	3:45	21	25:46	
Wechsel R -> L	-	3:54	-	6	1:49	42	2:21	45.40	2:08:27	2:49	4	5:34	24	1:37:37	
Rad Total	44.00	1:33:47	2:07	4	1:26	22	19:11	45.40	2:08:27	2:49	4	5:34	24	1:37:37	
Lauf	10.00	51:59	5:11	5	5:49	30	11:16	55.40	3:00:26	3:15	4	9:49	25	38:04	