



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Salingré, Michael

Total time: 3:38:02

Club: Ingenieurbüro Salingré

Number: 370

Course: 55.40 km

Rank in course/Total: 55 (of 59)

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

Rank in course/Men: 45 (of 47)

Best time in course: 2:22:22

Category:

Rank in category: 2(of 2)

Senioren 5 (60-64 Jahre)

Best time in the category: 3:00:29

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	35:40	25:28	2	8:04	38	13:16	1.40	35:40	25:28	2	8:04	38	13:16
Wechsel S -> R	-	6:34	-	2	1:48	45	4:42	1.40	42:14	30:10	2	9:52	42	17:35
Schwimmen Total	1.40	42:14	30:10	2	9:52	42	17:35	1.40	42:14	30:10	2	9:52	42	17:35
Rad netto	44.00	1:55:46	2:37	2	18:10	46	42:43	45.40	2:38:00	3:28	2	28:02	46	59:13
Wechsel R -> L	-	4:22	-	2	1:30	44	2:49	45.40	2:42:22	3:34	2	29:32	46	2:11:32
Rad Total	44.00	2:00:08	2:43	2	19:40	45	45:32	45.40	2:42:22	3:34	2	29:32	46	2:11:32
Lauf	10.00	55:40	5:33	2	8:01	39	14:57	55.40	3:38:02	3:56	2	37:33	45	1:15:40