



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

## Detailed evaluation

Mucha, Lukas

Total time: 4:10:44

Number: 338

Course: 55.40 km

Rank in course/Total: 59 (of 59)

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

Rank in course/Men: 47 (of 47)

Best time in course: 2:22:22

Category:

Rank in category: 9(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	1.40	35:56	25:39	8	9:47	39	13:32	1.40	35:56	25:39	8	9:47	39	13:32
Wechsel S -> R	-	5:16	-	8	3:04	40	3:24	1.40	41:12	29:25	8	12:51	41	16:33
Schwimmen Total	1.40	41:12	29:25	8	12:51	41	16:33	1.40	41:12	29:25	8	12:51	41	16:33
Rad netto	44.00	2:10:01	2:57	9	47:29	47	56:58	45.40	2:51:13	3:46	9	59:55	47	1:12:26
Wechsel R -> L	-	3:11	-	7	1:30	32	1:38	45.40	2:54:24	3:50	9	1:01:25	47	2:23:34
Rad Total	44.00	2:13:12	3:01	9	48:34	46	58:36	45.40	2:54:24	3:50	9	1:01:25	47	2:23:34
Lauf	10.00	1:16:20	7:37	9	33:58	46	35:37	55.40	4:10:44	4:31	9	1:35:23	47	1:48:22