



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Jaeger, Frederik

Total time: 1:12:39

Club: 1. Tri-Club Paderborn

Number: 101

Course: 25.70 km

Rank in course/Total: 5 (of 109)

Volksdistanz (0,70-20,00-5,00)

Rank in course/Men: 5 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 2(of 9)

AK2 männlich (25-29 Jahre)

Best time in the category: 1:12:35

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	0.70	11:40	16:40	2	1:03	2	1:03	0.70	11:40	16:40	2	1:03	3	11:40
Wechsel S -> R	-	1:43	-	1	-	1	-	0.70	13:23	19:07	2	0:43	4	13:23
Schwimmen Total	0.70	13:23	19:07	2	0:43	4	13:23	0.70	13:23	19:07	2	0:43	4	13:23
Rad netto	20.00	37:47	1:53	2	0:21	8	3:49	20.70	51:10	2:28	2	1:04	5	1:57
Wechsel R -> L	-	1:21	-	1	-	5	0:20	20.70	52:31	2:32	2	1:03	5	2:01
Rad Total	20.00	39:08	1:57	2	0:20	8	3:53	20.70	52:31	2:32	2	1:03	5	2:01
Lauf	5.00	20:08	4:01	1	-	6	2:38	25.70	1:12:39	2:49	2	0:04	5	3:27