



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Jacobsen, Thilo

Total time: 1:14:18

Club: Tri Michels Hamburg e.V.

Number: 112

Course: 25.70 km

Rank in course/Total: 6 (of 109)

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

Rank in course/Men: 6 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 2(of 9)

Senioren 1 (40-44 Jahre)

Best time in the category: 1:11:10

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	16:05	22:58	6	3:58	28	5:28	0.70	16:05	22:58	6	3:58	29	16:05
Wechsel S -> R	-	1:57	-	1	-	4	0:14	0.70	18:02	25:45	5	3:20	19	18:02
Schwimmen Total	0.70	18:02	25:45	5	3:20	19	18:02	0.70	18:02	25:45	5	3:20	19	18:02
Rad netto	20.00	35:04	1:45	2	0:32	3	1:06	20.70	53:06	2:33	2	3:52	6	3:53
Wechsel R -> L	-	1:16	-	1	-	2	0:15	20.70	54:22	2:37	2	3:39	6	3:52
Rad Total	20.00	36:20	1:49	2	0:19	3	1:05	20.70	54:22	2:37	2	3:39	6	3:52
Lauf	5.00	19:56	3:59	1	-	3	2:26	25.70	1:14:18	2:53	2	3:08	6	5:06