



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

## Detailed evaluation

**Meinking, Michael**

**Total time: 1:24:30**

Club: Tri Lizards

Number: 200

Course: 25.70 km

Rank in course/Total: 25 (of 109)

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

Rank in course/Men: 25 (of 83)

Best time in course: 1:09:12

Category:

Rank in category: 6(of 12)

Senioren 2 (45-49 Jahre)

Best time in the category: 1:18:04

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.70	16:22	23:22	5	4:23	33	5:45	0.70	16:22	23:22	5	4:23	34	16:22
Wechsel S -> R	-	3:04	-	7	1:16	33	1:21	0.70	19:26	27:45	4	5:14	26	19:26
Schwimmen Total	0.70	19:26	27:45	4	5:14	26	19:26	0.70	19:26	27:45	4	5:14	26	19:26
Rad netto	20.00	40:10	2:00	4	2:58	22	6:12	20.70	59:36	2:52	6	5:05	20	10:23
Wechsel R -> L	-	1:24	-	1	-	8	0:23	20.70	1:01:00	2:56	6	3:53	20	10:30
Rad Total	20.00	41:34	2:04	3	2:49	18	6:19	20.70	1:01:00	2:56	6	3:53	20	10:30
Lauf	5.00	23:30	4:42	6	2:33	33	6:00	25.70	1:24:30	3:17	6	6:26	25	15:18