



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Niedergriese, Marc

Club: Die MANNschaft e.V.

Number: 335

Course: 55.40 km

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

Category:

AK2 männlich (25-29 Jahre)

Total time: 2:22:22

Rank in course/Total: 1 (of 59)

Rank in course/Men: 1 (of 47)

Best time in course: 2:22:22

Rank in category: 1(of 3)

Best time in the category: 2:22:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			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	23:52	17:02	2	1:28	2	1:28	1.40	23:52	17:02	2	1:28	2	1:28
Wechsel S -> R	-	1:52	-	1	-	1	-	1.40	25:44	18:22	2	1:05	2	1:05
Schwimmen Total	1.40	25:44	18:22	2	1:05	2	1:05	1.40	25:44	18:22	2	1:05	2	1:05
Rad netto	44.00	1:13:03	1:39	1	-	1	-	45.40	1:38:47	2:10	1	-	1	-
Wechsel R -> L	-	1:33	-	1	-	1	-	45.40	1:40:20	2:12	1	-	2	1:09:30
Rad Total	44.00	1:14:36	1:41	1	-	1	-	45.40	1:40:20	2:12	1	-	2	1:09:30
Lauf	10.00	42:02	4:12	1	-	3	1:19	55.40	2:22:22	2:34	1	-	1	-