



## Detailed evaluation

**JESSEN, Henning**

Total time: 2:55:24

Club: Berlin  
Number: 509

Course: 51.89 km  
Olympisch (1,5/40/10 km)

Rank in course/Total: 154 (of 233)

Rank in course/Men: 135 (of 179)

Best time in course: 2:04:10

Category:  
AK3 / TM 30

Rank in category: 18(of 23)

Best time in the category: 2:04:10

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	1.50	37:02	24:41	19	15:57	153	16:26	1.50	37:02	24:41	19	15:57	153	16:26
Wechsel S -> R	0.26	2:56	11:16	11	1:31	71	1:31	1.76	39:58	22:42	17	16:18	139	17:09
Schwimmen Total	1.76	39:58	22:42	17	16:18	139	17:09	1.76	39:58	22:42	17	16:18	139	17:09
Rad netto	40.00	1:17:56	1:56	14	16:43	128	16:43	41.76	1:57:54	2:49	18	31:17	135	31:17
Wechsel R -> L	0.13	2:24	18:27	21	1:41	152	1:41	41.89	2:00:18	2:52	18	32:58	137	32:58
Radfahren Total	40.13	1:20:20	2:00	17	18:24	133	18:24	41.89	2:00:18	2:52	18	32:58	137	32:58
Lauf	10.00	55:06	5:30	18	18:16	134	18:34	51.89	2:55:24	3:22	18	51:14	135	51:14