



10. ITH-Hennesees-Triathlon

Meschede / 24.06.2017

Detailed evaluation

FRERKES, Daniel

Club: Ajax Altenhellefeld

Number: 278

Course: 25.50 km

Volksdistanz (0,50-20,00-5,00)

Category:

AK2 männlich (25-29 Jahre)

Total time: 1:24:14

Speed: 18.16 km/h

Running performance: 3:18 min/km

Rank in course/Total: 60 (of 157)

Rank in course/Men: 49 (of 115)

Best time in course: 1:04:56

Rank in category: 7(of 16)

Best time in the category: 1:08:51

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	0.50	11:51	23:41	8	2:57	57	3:49	0.50	11:51	23:41	8	2:57	57	3:49
Rad	20.00	48:21	2:25	7	7:43	52	11:14	20.50	1:00:12	2:56	7	10:40	51	14:22
Lauf	5.00	24:02	4:48	9	4:43	53	6:48	25.50	1:24:14	3:18	7	15:23	49	19:18