



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

FORELL, Michael

Club: -

Number: 209

Course: 25.50 km

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

Category:

Senioren 1 (40-44 Jahre)

Total time: 1:25:59

Speed: 17.45 km/h

Running performance: 3:22 min/km

Rank in course/Total: 69 (of 157)

Rank in course/Men: 57 (of 115)

Best time in course: 1:04:56

Rank in category: 8(of 13)

Best time in the category: 1:04:56

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Schwimmen	0.50	11:49	23:37	9	3:26	53	3:47	0.50	11:49	23:37	9	3:26	53	3:47				
Rad	20.00	47:52	2:23	8	10:43	47	10:45	20.50	59:41	2:54	8	13:51	48	13:51				
Lauf	5.00	26:18	5:15	10	9:04	74	9:04	25.50	1:25:59	3:22	8	21:03	57	21:03				