



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

LANGE, Gero

Club: SC Züschen

Number: 221

Course: 25.50 km

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

Category:

männliche Jugend A (16+17 Jahre)

Total time: 1:28:06

Speed: 17.03 km/h

Running performance: 3:27 min/km

Rank in course/Total: 79 (of 157)

Rank in course/Men: 63 (of 115)

Best time in course: 1:04:56

Rank in category: 2(of 7)

Best time in the category: 1:25:48

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Schwimmen	0.50	16:41	33:22	5	7:12	108	8:39	0.50	16:41	33:22	5	7:12	108	8:39
Rad	20.00	48:29	2:25	1	-	53	11:22	20.50	1:05:10	3:10	3	4:08	77	19:20
Lauf	5.00	22:56	4:35	1	-	37	5:42	25.50	1:28:06	3:27	2	2:18	63	23:10