



10. ITH-Henneseer-Triathlon

Meschede / 24.06.2017

Detailed evaluation

PORBECK, Frank

Club: TuS Oeventrop

Number: 307

Course: 25.20 km

Sprintdistanz (0,2,- 20,00,- 5,00)

Category:

Senioren 1 (40-44 Jahre)

Total time: 1:26:53

Speed: 17.26 km/h

Running performance: 3:27 min/km

Rank in course/Total: 13 (of 19)

Rank in course/Men: 8 (of 9)

Best time in course: 1:04:46

Rank in category: 2(of 2)

Best time in the category: 1:18:06

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	0.20	4:22	21:49	1	-	3	0:13	0.20	4:22	21:49	1	-	3	0:13
Rad	20.00	56:58	2:50	2	7:20	8	16:24	20.20	1:01:20	3:02	2	6:37	8	16:37
Lauf	5.00	25:33	5:06	2	2:10	8	5:30	25.20	1:26:53	3:26	2	8:47	8	22:07