



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

GIESECKE, Sören

Club: KEINER

Number: 166

Course: 25.50 km

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

Category:

AK2 männlich (25-29 Jahre)

Total time: 1:29:18

Speed: 16.80 km/h

Running performance: 3:30 min/km

Rank in course/Total: 87 (of 157)

Rank in course/Men: 68 (of 115)

Best time in course: 1:04:56

Rank in category: 11(of 16)

Best time in the category: 1:08:51

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	12:19	24:37	10	3:25	72	4:17	0.50	12:19	24:37	10	3:25	72	4:17
Rad	20.00	51:42	2:35	9	11:04	72	14:35	20.50	1:04:01	3:07	8	14:29	70	18:11
Lauf	5.00	25:17	5:03	11	5:58	65	8:03	25.50	1:29:18	3:30	11	20:27	68	24:22