



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

SCHRÖDER, Jonas

Club: LG Warstein-Rüthen

Number: 12

Course: 6.22 km

Schüler- und Jugendtriathlon (0,2-5,00-1,00)

Category:

männliche Jugend B (14+15 Jahre)

Total time: 23:26

Speed: 15.36 km/h

Running performance: 3:46 min/km

Rank in course/Total: 5 (of 28)

Rank in course/Men: 4 (of 18)

Best time in course: 19:37

Rank in category: 3(of 4)

Best time in the category: 19:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.20	5:01	25:04	4	1:31	5	1:31	0.20	5:01	25:04	4	1:31	5	1:31
Wechsel S -> R	0.01	2:42	270:00	2	0:38	10	0:47	0.21	7:43	36:44	4	2:09	9	2:09
Rad netto	5.00	10:22	2:04	3	1:53	5	10:19	5.21	18:05	3:28	3	3:17	8	10:28
Rad	0.01	1:25	141:39	3	0:25	4	0:25	5.22	19:30	3:44	3	3:42	5	3:42
Lauf	1.00	3:56	3:55	2	0:07	3	0:07	6.22	23:26	3:46	3	3:49	4	3:49