



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

FREYMARK, Daniel

Club: SG Altenbüren/ Scharfenberg

Number: 259

Course: 25.50 km

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

Category:

AK1 männlich (20-24 Jahre)

Total time: 1:30:37

Speed: 16.55 km/h

Running performance: 3:33 min/km

Rank in course/Total: 97 (of 157)

Rank in course/Men: 76 (of 115)

Best time in course: 1:04:56

Rank in category: 5(of 5)

Best time in the category: 1:10:11

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	0.50	13:38	27:15	5	4:19	92	5:36	0.50	13:38	27:15	5	4:19	92	5:36
Rad	20.00	54:18	2:42	5	13:56	86	17:11	20.50	1:07:56	3:18	5	18:15	86	22:06
Lauf	5.00	22:41	4:32	2	2:11	34	5:27	25.50	1:30:37	3:33	5	20:26	76	25:41