



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

TSCHENSE, Alexander

Club: vereinslos

Number: 113

Course: 25.50 km

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

Category:

Senioren 1 (40-44 Jahre)

Total time: 1:32:24

Speed: 16.23 km/h

Running performance: 3:37 min/km

Rank in course/Total: 102 (of 157)

Rank in course/Men: 80 (of 115)

Best time in course: 1:04:56

Rank in category: 11(of 13)

Best time in the category: 1:04:56

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	11:36	23:11	8	3:13	50	3:34	0.50	11:36	23:11	8	3:13	50	3:34
Rad	20.00	51:59	2:35	11	14:50	75	14:52	20.50	1:03:35	3:06	11	17:45	68	17:45
Lauf	5.00	28:49	5:45	13	11:35	92	11:35	25.50	1:32:24	3:37	11	27:28	80	27:28