



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

HARDES, Thorsten

Club: herdringer.de

Number: 241

Course: 25.50 km

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

Category:

AK3 männlich (30-34 Jahre)

Total time: 1:33:43

Speed: 16.01 km/h

Running performance: 3:41 min/km

Rank in course/Total: 108 (of 157)

Rank in course/Men: 85 (of 115)

Best time in course: 1:04:56

Rank in category: 9(of 11)

Best time in the category: 1:14:02

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	13:18	26:36	11	3:40	87	5:16	0.50	13:18	26:36	11	3:40	87	5:16
Rad	20.00	55:23	2:46	9	12:11	91	18:16	20.50	1:08:41	3:21	10	14:48	89	22:51
Lauf	5.00	25:02	5:00	9	4:54	59	7:48	25.50	1:33:43	3:40	9	19:41	85	28:47