



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

GRAEFE, Jens

Club: Rc Allemania

Number: 420

Course: 55.50 km

Olympische Distanz (1,50-44,00-10,00)

Category:

Senioren 2 (45-49 Jahre)

Total time: 2:35:54

Speed: 21.17 km/h

Running performance: 2:49 min/km

Rank in course/Total: 8 (of 84)

Rank in course/Men: 8 (of 69)

Best time in course: 2:18:58

Rank in category: 3(of 17)

Best time in the category: 2:31:21

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	1.50	26:47	17:51	5	3:53	14	5:53	1.50	26:47	17:51	5	3:53	14	5:53
Rad	44.00	1:28:37	2:00	3	4:58	16	9:38	45.50	1:55:24	2:32	4	7:05	13	13:45
Lauf	10.00	40:30	4:02	1	-	6	3:11	55.50	2:35:54	2:48	3	4:33	8	16:56