



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

SILKENBEUMER, Christian

Club: BSG Berufsfeuerwehr Münster

Number: 405

Course: 55.50 km

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

Category:

AK3 männlich (30-34 Jahre)

Total time: 2:38:35

Speed: 20.81 km/h

Running performance: 2:52 min/km

Rank in course/Total: 11 (of 84)

Rank in course/Men: 10 (of 69)

Best time in course: 2:18:58

Rank in category: 2(of 7)

Best time in the category: 2:27:51

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	29:08	19:25	5	4:34	30	8:14	1.50	29:08	19:25	5	4:34	30	8:14
Rad	44.00	1:26:31	1:57	2	2:51	11	7:32	45.50	1:55:39	2:32	3	7:25	15	14:00
Lauf	10.00	42:56	4:17	3	3:19	10	5:37	55.50	2:38:35	2:51	2	10:44	10	19:37