



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

JAHNZ, Frederic

Club: Vereinslos

Number: 183

Course: 25.50 km

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

Category:

AK2 männlich (25-29 Jahre)

Total time: 1:37:49

Speed: 15.33 km/h

Running performance: 3:50 min/km

Rank in course/Total: 117 (of 157)

Rank in course/Men: 90 (of 115)

Best time in course: 1:04:56

Rank in category: 13(of 16)

Best time in the category: 1:08:51

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Schwimmen	0.50	14:53	29:45	14	5:59	101	6:51	0.50	14:53	29:45	14	5:59	101	6:51				
Rad	20.00	54:03	2:42	12	13:25	85	16:56	20.50	1:08:56	3:21	14	19:24	91	23:06				
Lauf	5.00	28:53	5:46	14	9:34	93	11:39	25.50	1:37:49	3:50	13	28:58	90	32:53				