



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

DAHLMANN, Christoph

Club: Team A.L..S.

Number: 159

Course: 25.50 km

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

Category:

Senioren 3 (50-54 Jahre)

Total time: 1:37:56

Speed: 15.32 km/h

Running performance: 3:50 min/km

Rank in course/Total: 118 (of 157)

Rank in course/Men: 91 (of 115)

Best time in course: 1:04:56

Rank in category: 16(of 19)

Best time in the category: 1:05:20

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	14:39	29:18	18	5:56	100	6:37	0.50	14:39	29:18	18	5:56	100	6:37
Rad	20.00	54:24	2:43	16	17:17	87	17:17	20.50	1:09:03	3:22	16	23:13	92	23:13
Lauf	5.00	28:53	5:46	14	9:23	93	11:39	25.50	1:37:56	3:50	16	32:36	91	33:00