



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

FREDEBEUL, Linus

Club: TSV Rüthen

Number: 10

Course: 6.22 km

Schüler- und Jugendtriathlon (0,2-5,00-1,00)

Category:

männliche Schüler A (12+13 Jahre)

Total time: 28:07

Speed: 12.80 km/h

Running performance: 4:31 min/km

Rank in course/Total: 22 (of 28)

Rank in course/Men: 14 (of 18)

Best time in course: 19:37

Rank in category: 4(of 5)

Best time in the category: 23:49

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 | 0.20 | 5:32 | 27:39 | 3 | 0:27 | 12 | 2:02 | 0.20 | 5:32 | 27:39 | 3 | 0:27 | 12 | 2:02 |
| Wechsel S -> R | 0.01 | 3:26 | 343:19 | 5 | 1:10 | 18 | 1:31 | 0.21 | 8:58 | 42:41 | 4 | 1:35 | 16 | 3:24 |
| Rad netto | 5.00 | 12:17 | 2:27 | 3 | 12:14 | 10 | 12:14 | 5.21 | 21:15 | 4:04 | 3 | 13:26 | 14 | 13:38 |
| Rad | 0.01 | 1:37 | 161:39 | 2 | 0:14 | 6 | 0:37 | 5.22 | 22:52 | 4:22 | 3 | 3:26 | 13 | 7:04 |
| Lauf | 1.00 | 5:15 | 5:15 | 3 | 0:55 | 7 | 1:26 | 6.22 | 28:07 | 4:31 | 4 | 4:18 | 14 | 8:30 |