



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

MICHAELIS, Mark

Club: Team Erdinger Alkoholfrei

Number: 286

Course: 25.50 km

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

Category:

AK4 männlich (35-39 Jahre)

Total time: 1:25:11

Speed: 17.61 km/h

Running performance: 3:20 min/km

Rank in course/Total: 64 (of 157)

Rank in course/Men: 52 (of 115)

Best time in course: 1:04:56

Rank in category: 3(of 10)

Best time in the category: 1:23:30

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	11:17	22:33	4	2:49	43	3:15	0.50	11:17	22:33	4	2:49	43	3:15
Rad	20.00	50:24	2:31	4	3:42	63	13:17	20.50	1:01:41	3:00	4	2:07	59	15:51
Lauf	5.00	23:30	4:42	1	-	47	6:16	25.50	1:25:11	3:20	3	1:41	52	20:15