



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

JANZEN, Berthold

Club: SG Welper Triathlon

Number: 403

Course: 55.50 km

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

Category:

Senioren 1 (40-44 Jahre)

Total time: 2:40:03

Speed: 20.62 km/h

Running performance: 2:53 min/km

Rank in course/Total: 13 (of 84)

Rank in course/Men: 12 (of 69)

Best time in course: 2:18:58

Rank in category: 2(of 16)

Best time in the category: 2:39:33

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	30:02	20:01	7	2:51	38	9:08	1.50	30:02	20:01	7	2:51	38	9:08
Rad	44.00	1:26:40	1:58	3	1:26	13	7:41	45.50	1:56:42	2:33	3	3:55	17	15:03
Lauf	10.00	43:21	4:20	1	-	13	6:02	55.50	2:40:03	2:53	2	0:30	12	21:05