



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

HEREETH, Frank

Club: TriSpeed Herscheid

Number: 459

Course: 55.50 km

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

Category:

AK4 männlich (35-39 Jahre)

Total time: 2:40:12

Speed: 20.60 km/h

Running performance: 2:53 min/km

Rank in course/Total: 14 (of 84)

Rank in course/Men: 13 (of 69)

Best time in course: 2:18:58

Rank in category: 1(of 8)

Best time in the category: 2:40:12

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	26:52	17:54	3	1:28	17	5:58	1.50	26:52	17:54	3	1:28	17	5:58
Rad	44.00	1:26:31	1:57	1	-	11	7:32	45.50	1:53:23	2:29	1	-	9	11:44
Lauf	10.00	46:49	4:40	4	4:52	24	9:30	55.50	2:40:12	2:53	1	-	13	21:14