



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

BLOMEN, Frank

Club: Hamminkerner SV

Number: 485

Course: 55.50 km

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

Category:

Senioren 1 (40-44 Jahre)

Total time: 2:41:07

Speed: 20.67 km/h

Running performance: 2:54 min/km

Rank in course/Total: 16 (of 84)

Rank in course/Men: 15 (of 69)

Best time in course: 2:18:58

Rank in category: 3(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	30:41	20:27	8	3:30	41	9:47	1.50	30:41	20:27	8	3:30	41	9:47
Rad	44.00	1:25:14	1:56	1	-	8	6:15	45.50	1:55:55	2:32	2	3:08	16	14:16
Lauf	10.00	45:12	4:31	2	1:51	18	7:53	55.50	2:41:07	2:54	3	1:34	15	22:09