



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

MÖNNIG, Laurenz

Club: Eintracht Frankfurt

Number: 493

Course: 55.50 km

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

Category:

AK4 männlich (35-39 Jahre)

Total time: 2:42:23

Speed: 20.32 km/h

Running performance: 2:56 min/km

Rank in course/Total: 17 (of 84)

Rank in course/Men: 16 (of 69)

Best time in course: 2:18:58

Rank in category: 3(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	29:10	19:26	5	3:46	31	8:16	1.50	29:10	19:26	5	3:46	31	8:16
Rad	44.00	1:28:57	2:01	3	2:26	18	9:58	45.50	1:58:07	2:35	3	4:44	18	16:28
Lauf	10.00	44:16	4:25	2	2:19	16	6:57	55.50	2:42:23	2:55	3	2:11	16	23:25