



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

MILLENTRUP, Michael

Club: Team A.L..S.

Number: 170

Course: 25.50 km

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

Category:

AK2 männlich (25-29 Jahre)

Total time: 1:28:32

Speed: 16.94 km/h

Running performance: 3:28 min/km

Rank in course/Total: 81 (of 157)

Rank in course/Men: 65 (of 115)

Best time in course: 1:04:56

Rank in category: 10(of 16)

Best time in the category: 1:08:51

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	14:27	28:53	13	5:33	98	6:25	0.50	14:27	28:53	13	5:33	98	6:25
Rad	20.00	51:33	2:34	8	10:55	70	14:26	20.50	1:06:00	3:13	11	16:28	81	20:10
Lauf	5.00	22:32	4:30	4	3:13	32	5:18	25.50	1:28:32	3:28	10	19:41	65	23:36