



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

KERSTEN, Frank

Club: SCC Scharmede

Number: 431

Course: 55.50 km

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

Category:

Senioren 4 (55-59 Jahre)

Total time: 2:44:44

Speed: 20.03 km/h

Running performance: 2:58 min/km

Rank in course/Total: 21 (of 84)

Rank in course/Men: 19 (of 69)

Best time in course: 2:18:58

Rank in category: 1(of 1)

Best time in the category: 2:44:44

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	27:53	18:35	1	-	25	6:59	1.50	27:53	18:35	1	-	25	6:59
Rad	44.00	1:33:25	2:07	1	-	28	14:26	45.50	2:01:18	2:39	1	-	24	19:39
Lauf	10.00	43:26	4:20	1	-	14	6:07	55.50	2:44:44	2:58	1	-	19	25:46