



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

TEN DOORNKAAT KOOLMAN, Luis

Club: 1. Tri Team GTV

Number: 5

Course: 6.22 km

Schüler- und Jugendtriathlon (0,2-5,00-1,00)

Category:

männliche Schüler B (10+11 Jahre)

Total time: 27:26

Speed: 13.12 km/h

Running performance: 4:25 min/km

Rank in course/Total: 15 (of 28)

Rank in course/Men: 9 (of 18)

Best time in course: 19:37

Rank in category: 4(of 9)

Best time in the category: 22:22

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	0.20	4:55	24:34	1	-	4	1:25	0.20	4:55	24:34	1	-	4	1:25
Wechsel S -> R	0.01	2:38	263:19	6	0:43	8	0:43	0.21	7:33	35:57	3	0:19	7	1:59
Rad netto	5.00	12:25	2:29	4	2:40	11	12:22	5.21	19:58	3:49	6	12:21	12	12:21
Rad	0.01	1:50	183:19	5	0:19	11	0:50	5.22	21:48	4:10	4	3:18	9	6:00
Lauf	1.00	5:38	5:38	6	1:46	13	1:49	6.22	27:26	4:24	4	5:04	9	7:49