



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

TEN DOORNKAAT KOOLMAN, Nils

Club: TUS Victoria Rietberg

Number: 2

Course: 6.22 km

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

Category:

männliche Schüler B (10+11 Jahre)

Total time: 27:27

Speed: 13.11 km/h

Running performance: 4:25 min/km

Rank in course/Total: 16 (of 28)

Rank in course/Men: 10 (of 18)

Best time in course: 19:37

Rank in category: 5(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	5:13	26:04	2	0:18	8	1:43	0.20	5:13	26:04	2	0:18	8	1:43
Wechsel S -> R	0.01	2:24	240:00	4	0:29	6	0:29	0.21	7:37	36:16	4	0:23	8	2:03
Rad netto	5.00	-	-	8		17		5.21	7:37	1:27	1	-	1	-
Rad	0.01	14:24	1440:00	8	12:53	16	13:24	5.22	22:01	4:13	5	3:31	10	6:13
Lauf	1.00	5:26	5:26	4	1:34	11	1:37	6.22	27:27	4:24	5	5:05	10	7:50