



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

KNAUP, Fabian

Club: Triathlon Waldfeucht

Number: 470

Course: 55.50 km

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

Category:

AK3 männlich (30-34 Jahre)

Total time: 2:48:10

Speed: 19.80 km/h

Running performance: 3:02 min/km

Rank in course/Total: 25 (of 84)

Rank in course/Men: 23 (of 69)

Best time in course: 2:18:58

Rank in category: 4(of 7)

Best time in the category: 2:27:51

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	27:20	18:13	3	2:46	21	6:26	1.50	27:20	18:13	3	2:46	21	6:26
Rad	44.00	1:37:56	2:13	5	14:16	39	18:57	45.50	2:05:16	2:45	4	17:02	30	23:37
Lauf	10.00	42:54	4:17	2	3:17	9	5:35	55.50	2:48:10	3:01	4	20:19	23	29:12