



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

JUNGESBLUT, Frank

Club: Tri Team Selm

Number: 407

Course: 55.50 km

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

Category:

Senioren 2 (45-49 Jahre)

Total time: 2:50:30

Speed: 19.53 km/h

Running performance: 3:04 min/km

Rank in course/Total: 29 (of 84)

Rank in course/Men: 27 (of 69)

Best time in course: 2:18:58

Rank in category: 7(of 17)

Best time in the category: 2:31:21

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	27:04	18:02	6	4:10	19	6:10	1.50	27:04	18:02	6	4:10	19	6:10
Rad	44.00	1:31:17	2:04	6	7:38	21	12:18	45.50	1:58:21	2:36	5	10:02	19	16:42
Lauf	10.00	52:09	5:12	11	11:39	44	14:50	55.50	2:50:30	3:04	7	19:09	27	31:32