



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

SCHRÖDER, Emil

Club: SV Aegir Arnsberg

Number: 18

Course: 6.22 km

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

Category:

männliche Schüler B (10+11 Jahre)

Total time: 29:53

Speed: 12.05 km/h

Running performance: 4:48 min/km

Rank in course/Total: 23 (of 28)

Rank in course/Men: 15 (of 18)

Best time in course: 19:37

Rank in category: 7(of 9)

Best time in the category: 22:22

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	0.20	5:21	26:44	5	0:26	11	1:51	0.20	5:21	26:44	5	0:26	11	1:51
Wechsel S -> R	0.01	3:13	321:40	9	1:18	17	1:18	0.21	8:34	40:47	7	1:20	13	3:00
Rad netto	5.00	13:37	2:43	6	3:52	14	13:34	5.21	22:11	4:15	8	14:34	16	14:34
Rad	0.01	1:46	176:39	4	0:15	9	0:46	5.22	23:57	4:35	7	5:27	15	8:09
Lauf	1.00	5:56	5:56	8	2:04	16	2:07	6.22	29:53	4:48	7	7:31	15	10:16