



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

RUDNIK, Samuel

Club: ohne

Number: 174

Course: 25.50 km

Volksdistanz (0,50-20,00-5,00)

Category:

AK3 männlich (30-34 Jahre)

Total time: 1:46:03

Speed: 14.14 km/h

Running performance: 4:10 min/km

Rank in course/Total: 139 (of 157)

Rank in course/Men: 101 (of 115)

Best time in course: 1:04:56

Rank in category: 11(of 11)

Best time in the category: 1:14:02

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	0.50	12:09	24:18	9	2:31	65	4:07	0.50	12:09	24:18	9	2:31	65	4:07
Rad	20.00	1:00:13	3:00	11	17:01	101	23:06	20.50	1:12:22	3:31	11	18:29	97	26:32
Lauf	5.00	33:41	6:44	11	13:33	108	16:27	25.50	1:46:03	4:09	11	32:01	101	41:07