



# 10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

## Detailed evaluation

### SCHÄFER, Steffen

Club: ohne

Number: 171

Course: 25.50 km

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

Category:

AK4 männlich (35-39 Jahre)

Total time: 1:46:03

Speed: 14.14 km/h

Running performance: 4:10 min/km

Rank in course/Total: 140 (of 157)

Rank in course/Men: 101 (of 115)

Best time in course: 1:04:56

Rank in category: 8(of 10)

Best time in the category: 1:23:30

### Intermediate times

### Stage score

### Total ranking

| Control   | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total |         | Total  |     | Total  |     | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |        |
|-----------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------|---------|--------|-----|--------|-----|-------------|----------------|------------|---------------|--------|
|           |             |               |                 |             |                |            |               | km    | Time    | min/km | Pos | Behind | Pos |             |                |            |               | Behind |
| Schwimmen | 0.50        | 13:06         | 26:11           | 8           | 4:38           | 83         | 5:04          | 0.50  | 13:06   | 26:11  | 8   | 4:38   | 83  | 5:04        |                |            |               |        |
| Rad       | 20.00       | 59:23         | 2:58            | 6           | 12:41          | 98         | 22:16         | 20.50 | 1:12:29 | 3:32   | 6   | 12:55  | 99  | 26:39       |                |            |               |        |
| Lauf      | 5.00        | 33:34         | 6:42            | 8           | 10:04          | 107        | 16:20         | 25.50 | 1:46:03 | 4:09   | 8   | 22:33  | 101 | 41:07       |                |            |               |        |