



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

JOHANNES, Manuel

Club: Freie Schwimmer Düsseldorf

Number: 444

Course: 55.50 km

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

Category:

AK4 männlich (35-39 Jahre)

Total time: 2:54:24

Speed: 18.92 km/h

Running performance: 3:08 min/km

Rank in course/Total: 37 (of 84)

Rank in course/Men: 34 (of 69)

Best time in course: 2:18:58

Rank in category: 5(of 8)

Best time in the category: 2:40:12

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	25:24	16:56	1	-	10	4:30	1.50	25:24	16:56	1	-	10	4:30
Rad	44.00	1:39:52	2:16	6	13:21	45	20:53	45.50	2:05:16	2:45	4	11:53	30	23:37
Lauf	10.00	49:08	4:54	6	7:11	33	11:49	55.50	2:54:24	3:08	5	14:12	34	35:26