



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

KREUDER, Jörg

Club: RSG AJ Triteam

Number: 443

Course: 55.50 km

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

Category:

Senioren 2 (45-49 Jahre)

Total time: 2:56:37

Speed: 18.68 km/h

Running performance: 3:11 min/km

Rank in course/Total: 40 (of 84)

Rank in course/Men: 36 (of 69)

Best time in course: 2:18:58

Rank in category: 9(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	36:45	24:30	14	13:51	62	15:51	1.50	36:45	24:30	14	13:51	62	15:51
Rad	44.00	1:31:23	2:04	7	7:44	22	12:24	45.50	2:08:08	2:48	11	19:49	39	26:29
Lauf	10.00	48:29	4:50	7	7:59	31	11:10	55.50	2:56:37	3:10	9	25:16	36	37:39