



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

GOCKEL, Anton

Club: LG Warstein-Rüthen

Number: 14

Course: 6.22 km

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

Category:

männliche Schüler B (10+11 Jahre)

Total time: 31:24

Speed: 11.46 km/h

Running performance: 5:03 min/km

Rank in course/Total: 25 (of 28)

Rank in course/Men: 16 (of 18)

Best time in course: 19:37

Rank in category: 8(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	7:11	35:54	9	2:16	18	3:41	0.20	7:11	35:54	9	2:16	18	3:41
Wechsel S -> R	0.01	2:19	231:40	3	0:24	5	0:24	0.21	9:30	45:14	9	2:16	18	3:56
Rad netto	5.00	-	-	8		17		5.21	9:30	1:49	2	1:53	3	1:53
Rad	0.01	16:25	1641:40	9	14:54	18	15:25	5.22	25:55	4:57	9	7:25	18	10:07
Lauf	1.00	5:29	5:29	5	1:37	12	1:40	6.22	31:24	5:02	8	9:02	16	11:47