



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

LUMME, Jannick

Club: Geschwister Scholl Gymnasium Winterberg
Number: 222

Course: 25.50 km
Volksdistanz (0,50-20,00-5,00)

Category:
männliche Jugend A (16+17 Jahre)

Total time: 2:01:07

Speed: 12.38 km/h
Running performance: 4:45 min/km

Rank in course/Total: 152 (of 157)

Rank in course/Men: 111 (of 115)

Best time in course: 1:04:56

Rank in category: 7(of 7)

Best time in the category: 1:25:48

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	0.50	17:22	34:44	7	7:53	112	9:20	0.50	17:22	34:44	7	7:53	112	9:20
Rad	20.00	1:09:35	3:28	5	21:06	109	32:28	20.50	1:26:57	4:14	6	25:55	110	41:07
Lauf	5.00	34:10	6:49	7	11:14	112	16:56	25.50	2:01:07	4:44	7	35:19	111	56:11