



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

SCHLIFFKA, Markus

Club: Lokomotive Kamen

Number: 428

Course: 55.50 km

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

Category:

AK4 männlich (35-39 Jahre)

Total time: 3:08:58

Speed: 17.62 km/h

Running performance: 3:24 min/km

Rank in course/Total: 61 (of 84)

Rank in course/Men: 51 (of 69)

Best time in course: 2:18:58

Rank in category: 7(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	33:26	22:17	8	8:02	52	12:32	1.50	33:26	22:17	8	8:02	52	12:32
Rad	44.00	1:41:56	2:19	7	15:25	52	22:57	45.50	2:15:22	2:58	7	21:59	51	33:43
Lauf	10.00	53:36	5:21	8	11:39	50	16:17	55.50	3:08:58	3:24	7	28:46	51	50:00