



10. ITH-Henneseer-Triathlon

Meschede / 24.06.2017

Detailed evaluation

GERDES, Jens

Club: Tri-As Hamm

Number: 426

Course: 55.50 km

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

Category:

AK4 männlich (35-39 Jahre)

Total time: 3:12:49

Speed: 17.11 km/h

Running performance: 3:28 min/km

Rank in course/Total: 63 (of 84)

Rank in course/Men: 53 (of 69)

Best time in course: 2:18:58

Rank in category: 8(of 8)

Best time in the category: 2:40:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	1.50	28:27	18:57	4	3:03	27	7:33	1.50	28:27	18:57	4	3:03	27	7:33
Rad	44.00	1:51:47	2:32	8	25:16	63	32:48	45.50	2:20:14	3:04	8	26:51	56	38:35
Lauf	10.00	52:35	5:15	7	10:38	46	15:16	55.50	3:12:49	3:28	8	32:37	53	53:51