



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

LEBEK, Marco

Club: KORDA - Running Team

Number: 447

Course: 55.50 km

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

Category:

Senioren 1 (40-44 Jahre)

Total time: 3:16:04

Speed: 16.83 km/h

Running performance: 3:32 min/km

Rank in course/Total: 66 (of 84)

Rank in course/Men: 56 (of 69)

Best time in course: 2:18:58

Rank in category: 12(of 16)

Best time in the category: 2:39:33

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	31:11	20:47	10	4:00	43	10:17	1.50	31:11	20:47	10	4:00	43	10:17
Rad	44.00	1:49:20	2:29	13	24:06	59	30:21	45.50	2:20:31	3:05	12	27:44	57	38:52
Lauf	10.00	55:33	5:33	11	12:12	54	18:14	55.50	3:16:04	3:31	12	36:31	56	57:06