



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

HERMES, Paul

Club: TriFun Hennesee

Number: 26

Course: 6.22 km

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

Category:

männliche Schüler B (10+11 Jahre)

Total time: 27:19

Speed: 13.18 km/h

Running performance: 4:23 min/km

Rank in course/Total: 14 (of 28)

Rank in course/Men: 8 (of 18)

Best time in course: 19:37

Rank in category: 3(of 9)

Best time in the category: 22:22

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	0.20	5:18	26:29	3	0:23	9	1:48	0.20	5:18	26:29	3	0:23	9	1:48
Wechsel S -> R	0.01	2:02	203:19	2	0:07	2	0:07	0.21	7:20	34:55	2	0:06	5	1:46
Rad netto	5.00	12:25	2:29	4	2:40	11	12:22	5.21	19:45	3:47	5	12:08	11	12:08
Rad	0.01	1:41	168:20	2	0:10	7	0:41	5.22	21:26	4:06	3	2:56	8	5:38
Lauf	1.00	5:53	5:53	7	2:01	15	2:04	6.22	27:19	4:23	3	4:57	8	7:42