



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

LUCASHEN, Marcus

Club: TriTeam Jobware.de

Number: 425

Course: 55.50 km

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

Category:

Senioren 2 (45-49 Jahre)

Total time: 3:16:58

Speed: 16.75 km/h

Running performance: 3:33 min/km

Rank in course/Total: 67 (of 84)

Rank in course/Men: 57 (of 69)

Best time in course: 2:18:58

Rank in category: 14(of 17)

Best time in the category: 2:31:21

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	36:41	24:27	13	13:47	61	15:47	1.50	36:41	24:27	13	13:47	61	15:47
Rad	44.00	1:43:22	2:20	15	19:43	55	24:23	45.50	2:20:03	3:04	15	31:44	55	38:24
Lauf	10.00	56:55	5:41	14	16:25	56	19:36	55.50	3:16:58	3:32	14	45:37	57	58:00