



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

ROSENBERG, Lars

Club: Feuerwehr SV Düsseldorf

Number: 436

Course: 55.50 km

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

Category:

Senioren 1 (40-44 Jahre)

Total time: 3:25:29

Speed: 16.06 km/h

Running performance: 3:42 min/km

Rank in course/Total: 74 (of 84)

Rank in course/Men: 62 (of 69)

Best time in course: 2:18:58

Rank in category: 14(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	33:13	22:08	14	6:02	50	12:19	1.50	33:13	22:08	14	6:02	50	12:19
Rad	44.00	1:50:59	2:31	15	25:45	62	32:00	45.50	2:24:12	3:10	16	31:25	63	42:33
Lauf	10.00	1:01:17	6:07	13	17:56	60	23:58	55.50	3:25:29	3:42	14	45:56	62	1:06:31