



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

FREY, Markus

Club: KORDA-Running Team

Number: 442

Course: 55.50 km

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

Category:

Senioren 1 (40-44 Jahre)

Total time: 3:28:36

Speed: 15.96 km/h

Running performance: 3:46 min/km

Rank in course/Total: 75 (of 84)

Rank in course/Men: 63 (of 69)

Best time in course: 2:18:58

Rank in category: 15(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	31:13	20:48	11	4:02	45	10:19	1.50	31:13	20:48	11	4:02	45	10:19
Rad	44.00	1:50:46	2:31	14	25:32	61	31:47	45.50	2:21:59	3:07	14	29:12	61	40:20
Lauf	10.00	1:06:37	6:39	15	23:16	64	29:18	55.50	3:28:36	3:45	15	49:03	63	1:09:38