



10. ITH-Hennesees-Triathlon

Meschede / 24.06.2017

Detailed evaluation

AHLBORN, Stefan

Club: SG Lenglern

Number: 468

Course: 55.50 km

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

Category:

Senioren 2 (45-49 Jahre)

Total time: 3:32:30

Speed: 15.53 km/h

Running performance: 3:50 min/km

Rank in course/Total: 77 (of 84)

Rank in course/Men: 65 (of 69)

Best time in course: 2:18:58

Rank in category: 16(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	36:54	24:35	15	14:00	63	16:00	1.50	36:54	24:35	15	14:00	63	16:00
Rad	44.00	1:56:06	2:38	17	32:27	65	37:07	45.50	2:33:00	3:21	17	44:41	66	51:21
Lauf	10.00	59:30	5:57	15	19:00	58	22:11	55.50	3:32:30	3:49	16	1:01:09	65	1:13:32