



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

HOLZMANN, Frank

Club: TriSpeed Herscheid e.V.

Number: 242

Course: 25.50 km

Volksdistanz (0,50-20,00-5,00)

Category:

Senioren 2 (45-49 Jahre)

Total time: 1:05:58

Speed: 22.74 km/h

Running performance: 2:35 min/km

Rank in course/Total: 3 (of 157)

Rank in course/Men: 3 (of 115)

Best time in course: 1:04:56

Rank in category: 1(of 17)

Best time in the category: 1:05:58

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	0.50	8:02	16:03	1	-	1	-	0.50	8:02	16:03	1	-	1	-
Rad	20.00	40:02	2:00	2	0:31	6	2:55	20.50	48:04	2:20	1	-	4	2:14
Lauf	5.00	17:54	3:34	1	-	2	0:40	25.50	1:05:58	2:35	1	-	3	1:02