



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

JANTA, Sebastain

Club: Tri Star Oelde

Number: 234

Course: 25.50 km

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

Category:

Senioren 1 (40-44 Jahre)

Total time: 1:06:38

Speed: 22.51 km/h

Running performance: 2:37 min/km

Rank in course/Total: 4 (of 157)

Rank in course/Men: 4 (of 115)

Best time in course: 1:04:56

Rank in category: 2(of 13)

Best time in the category: 1:04:56

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	8:23	16:45	1	-	3	0:21	0.50	8:23	16:45	1	-	3	0:21
Rad	20.00	39:28	1:58	2	2:19	3	2:21	20.50	47:51	2:20	2	2:01	3	2:01
Lauf	5.00	18:47	3:45	2	1:33	4	1:33	25.50	1:06:38	2:36	2	1:42	4	1:42