



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

THEINE, Stefan

Club: SC Siedlinghausen

Number: 285

Course: 25.20 km

Sprintdistanz (0,2,- 20,00,- 5,00)

Category:

Senioren 2 (45-49 Jahre)

Total time: 1:04:46

Speed: 23.16 km/h

Running performance: 2:34 min/km

Rank in course/Total: 1 (of 19)

Rank in course/Men: 1 (of 9)

Best time in course: 1:04:46

Rank in category: 1(of 1)

Best time in the category: 1:04:46

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	0.20	4:09	20:45	1	-	1	-	0.20	4:09	20:45	1	-	1	-
Rad	20.00	40:34	2:01	1	-	1	-	20.20	44:43	2:12	1	-	1	-
Lauf	5.00	20:03	4:00	1	-	1	-	25.20	1:04:46	2:34	1	-	1	-