



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

LENZ, Joerg

Club: W+F Münster

Number: 178

Course: 25.50 km

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

Category:

Senioren 2 (45-49 Jahre)

Total time: 1:11:05

Speed: 21.10 km/h

Running performance: 2:47 min/km

Rank in course/Total: 10 (of 157)

Rank in course/Men: 10 (of 115)

Best time in course: 1:04:56

Rank in category: 3(of 17)

Best time in the category: 1:05:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Schwimmen	0.50	8:11	16:22	2	0:09	2	0:09	0.50	8:11	16:22	2	0:09	2	0:09
Rad	20.00	41:22	2:04	4	1:51	14	4:15	20.50	49:33	2:25	2	1:29	6	3:43
Lauf	5.00	21:32	4:18	6	3:38	22	4:18	25.50	1:11:05	2:47	3	5:07	10	6:09