



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

BROKMANN, Michael

Club: ASV Duisburg

Number: 250

Course: 25.50 km

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

Category:

Senioren 3 (50-54 Jahre)

Total time: 1:12:18

Speed: 20.75 km/h

Running performance: 2:50 min/km

Rank in course/Total: 13 (of 157)

Rank in course/Men: 12 (of 115)

Best time in course: 1:04:56

Rank in category: 2(of 19)

Best time in the category: 1:05:20

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	9:17	18:33	2	0:34	11	1:15	0.50	9:17	18:33	2	0:34	11	1:15
Rad	20.00	41:59	2:05	2	4:52	15	4:52	20.50	51:16	2:30	2	5:26	11	5:26
Lauf	5.00	21:02	4:12	3	1:32	16	3:48	25.50	1:12:18	2:50	2	6:58	12	7:22