



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

NIGGEMANN, Christopher

Club: SC Willingen

Number: 165

Course: 25.50 km

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

Category:

Junioren (18+19 Jahre)

Total time: 1:14:00

Speed: 20.27 km/h

Running performance: 2:54 min/km

Rank in course/Total: 15 (of 157)

Rank in course/Men: 14 (of 115)

Best time in course: 1:04:56

Rank in category: 1(of 4)

Best time in the category: 1:14:00

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	10:53	21:45	1	-	34	2:51	0.50	10:53	21:45	1	-	34	2:51
Rad	20.00	41:00	2:02	1	-	11	3:53	20.50	51:53	2:31	1	-	13	6:03
Lauf	5.00	22:07	4:25	2	1:31	27	4:53	25.50	1:14:00	2:54	1	-	14	9:04