



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

SCHARFENSTEIN, Sven

Club: SV Tri City Darmstadt e.V.

Number: 137

Course: 25.50 km

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

Category:

Senioren 2 (45-49 Jahre)

Total time: 1:14:24

Speed: 20.16 km/h

Running performance: 2:55 min/km

Rank in course/Total: 17 (of 157)

Rank in course/Men: 16 (of 115)

Best time in course: 1:04:56

Rank in category: 5(of 17)

Best time in the category: 1:05:58

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	11:20	22:40	11	3:18	44	3:18	0.50	11:20	22:40	11	3:18	44	3:18
Rad	20.00	40:34	2:01	3	1:03	9	3:27	20.50	51:54	2:31	4	3:50	14	6:04
Lauf	5.00	22:30	4:30	9	4:36	30	5:16	25.50	1:14:24	2:55	5	8:26	16	9:28