



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

STEINHAUSEN, Mario

Club: SC Züschen

Number: 243

Course: 25.50 km

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

Category:

AK3 männlich (30-34 Jahre)

Total time: 1:15:44

Speed: 19.81 km/h

Running performance: 2:58 min/km

Rank in course/Total: 21 (of 157)

Rank in course/Men: 20 (of 115)

Best time in course: 1:04:56

Rank in category: 2(of 11)

Best time in the category: 1:14:02

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 | 9:59 | 19:57 | 3 | 0:21 | 20 | 1:57 | 0.50 | 9:59 | 19:57 | 3 | 0:21 | 20 | 1:57 |
| Rad | 20.00 | 43:54 | 2:11 | 2 | 0:42 | 22 | 6:47 | 20.50 | 53:53 | 2:37 | 1 | - | 19 | 8:03 |
| Lauf | 5.00 | 21:51 | 4:22 | 4 | 1:43 | 24 | 4:37 | 25.50 | 1:15:44 | 2:58 | 2 | 1:42 | 20 | 10:48 |