



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