



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

DAHLKE, Jens

Club: Vereinslos

Number: 198

Course: 25.50 km

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

Category:

AK2 männlich (25-29 Jahre)

Total time: 1:16:09

Speed: 19.70 km/h

Running performance: 2:59 min/km

Rank in course/Total: 24 (of 157)

Rank in course/Men: 23 (of 115)

Best time in course: 1:04:56

Rank in category: 3(of 16)

Best time in the category: 1:08:51

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	5	2:26	44	3:18	0.50	11:20	22:40	5	2:26	44	3:18
Rad	20.00	41:02	2:03	2	0:24	12	3:55	20.50	52:22	2:33	2	2:50	16	6:32
Lauf	5.00	23:47	4:45	7	4:28	51	6:33	25.50	1:16:09	2:59	3	7:18	23	11:13