



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

ESTER, Christian

Club: SG Scharfenberg-Altenbüren
Number: 257

Course: 25.50 km
Volksdistanz (0,50-20,00-5,00)

Category:
AK2 männlich (25-29 Jahre)

Total time: 1:17:32

Speed: 19.35 km/h
Running performance: 3:02 min/km

Rank in course/Total: 28 (of 157)

Rank in course/Men: 26 (of 115)

Best time in course: 1:04:56

Rank in category: 4(of 16)

Best time in the category: 1:08:51

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	9:45	19:30	3	0:51	15	1:43	0.50	9:45	19:30	3	0:51	15	1:43
Rad	20.00	43:59	2:11	3	3:21	23	6:52	20.50	53:44	2:37	3	4:12	17	7:54
Lauf	5.00	23:48	4:45	8	4:29	52	6:34	25.50	1:17:32	3:02	4	8:41	26	12:36