



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

BRODA, Benedikt

Club: none

Number: 139

Course: 25.50 km

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

Category:

AK3 männlich (30-34 Jahre)

Total time: 1:18:00

Speed: 19.23 km/h

Running performance: 3:04 min/km

Rank in course/Total: 29 (of 157)

Rank in course/Men: 27 (of 115)

Best time in course: 1:04:56

Rank in category: 3(of 11)

Best time in the category: 1:14:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	11:59	23:57	8	2:21	61	3:57	0.50	11:59	23:57	8	2:21	61	3:57
Rad	20.00	45:13	2:15	5	2:01	34	8:06	20.50	57:12	2:47	7	3:19	38	11:22
Lauf	5.00	20:48	4:09	2	0:40	15	3:34	25.50	1:18:00	3:03	3	3:58	27	13:04