



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

HEBBECKER, Thomas

Club: kein Verein

Number: 130

Course: 25.50 km

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

Category:

AK3 männlich (30-34 Jahre)

Total time: 1:14:02

Speed: 20.26 km/h

Running performance: 2:54 min/km

Rank in course/Total: 16 (of 157)

Rank in course/Men: 15 (of 115)

Best time in course: 1:04:56

Rank in category: 1(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	10:42	21:23	5	1:04	29	2:40	0.50	10:42	21:23	5	1:04	29	2:40
Rad	20.00	43:12	2:09	1	-	19	6:05	20.50	53:54	2:37	2	0:01	20	8:04
Lauf	5.00	20:08	4:01	1	-	9	2:54	25.50	1:14:02	2:54	1	-	15	9:06