



# 10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

## Detailed evaluation

**SANDER, Florian**

Club: Köln

Number: 196

Course: 25.50 km

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

Category:

AK3 männlich (30-34 Jahre)

Total time: 1:18:51

Speed: 19.02 km/h

Running performance: 3:05 min/km

Rank in course/Total: 31 (of 157)

Rank in course/Men: 28 (of 115)

Best time in course: 1:04:56

Rank in category: 4(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	9:45	19:30	2	0:07	15	1:43	0.50	9:45	19:30	2	0:07	15	1:43	
Rad	20.00	46:49	2:20	7	3:37	41	9:42	20.50	56:34	2:45	4	2:41	33	10:44	
Lauf	5.00	22:17	4:27	6	2:09	29	5:03	25.50	1:18:51	3:05	4	4:49	28	13:55	