



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

HEDDENDORP, Jens

Club: SUS Stadtlohn Triathlon

Number: 247

Course: 25.50 km

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

Category:

AK3 männlich (30-34 Jahre)

Total time: 1:19:26

Speed: 18.88 km/h

Running performance: 3:07 min/km

Rank in course/Total: 38 (of 157)

Rank in course/Men: 33 (of 115)

Best time in course: 1:04:56

Rank in category: 8(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	10:48	21:36	6	1:10	32	2:46	0.50	10:48	21:36	6	1:10	32	2:46
Rad	20.00	45:54	2:17	6	2:42	37	8:47	20.50	56:42	2:45	5	2:49	35	10:52
Lauf	5.00	22:44	4:32	7	2:36	35	5:30	25.50	1:19:26	3:06	8	5:24	33	14:30