



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

BREINING, Michael

Club: Ultra Sport Club Marburg

Number: 232

Course: 25.50 km

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

Category:

Senioren 4 (55-59 Jahre)

Total time: 1:19:53

Speed: 18.78 km/h

Running performance: 3:08 min/km

Rank in course/Total: 41 (of 157)

Rank in course/Men: 34 (of 115)

Best time in course: 1:04:56

Rank in category: 2(of 7)

Best time in the category: 1:16:54

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	11:00	22:00	2	0:31	36	2:58	0.50	11:00	22:00	2	0:31	36	2:58
Rad	20.00	45:40	2:16	3	3:29	36	8:33	20.50	56:40	2:45	2	2:16	34	10:50
Lauf	5.00	23:13	4:38	4	0:43	42	5:59	25.50	1:19:53	3:07	2	2:59	34	14:57