



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

MANICKE, Björn

Club: Marmeladentonies

Number: 306

Course: 25.20 km

Sprintdistanz (0,2,- 20,00,- 5,00)

Category:

Senioren 1 (40-44 Jahre)

Total time: 1:18:06

Speed: 19.21 km/h

Running performance: 3:06 min/km

Rank in course/Total: 8 (of 19)

Rank in course/Men: 5 (of 9)

Best time in course: 1:04:46

Rank in category: 1(of 2)

Best time in the category: 1:18:06

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	0.20	5:05	25:24	2	0:43	7	0:56	0.20	5:05	25:24	2	0:43	7	0:56
Rad	20.00	49:38	2:28	1	-	5	9:04	20.20	54:43	2:42	1	-	5	10:00
Lauf	5.00	23:23	4:40	1	-	5	3:20	25.20	1:18:06	3:05	1	-	5	13:20