



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

HARTWIG, Constantin

Club: Bad Grandpas Düsseldorf

Number: 146

Course: 25.50 km

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

Category:

AK3 männlich (30-34 Jahre)

Total time: 1:18:52

Speed: 19.02 km/h

Running performance: 3:05 min/km

Rank in course/Total: 33 (of 157)

Rank in course/Men: 30 (of 115)

Best time in course: 1:04:56

Rank in category: 6(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	10:38	21:15	4	1:00	27	2:36	0.50	10:38	21:15	4	1:00	27	2:36
Rad	20.00	47:03	2:21	8	3:51	42	9:56	20.50	57:41	2:48	8	3:48	40	11:51
Lauf	5.00	21:11	4:14	3	1:03	21	3:57	25.50	1:18:52	3:05	6	4:50	30	13:56