



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

KÖHNE-VOLLAND, Fritz

Club: TSV Rüthen

Number: 9

Course: 6.22 km

Schüler- und Jugendtriathlon (0,2-5,00-1,00)

Category:

männliche Jugend B (14+15 Jahre)

Total time: 24:38

Speed: 14.61 km/h

Running performance: 3:58 min/km

Rank in course/Total: 8 (of 28)

Rank in course/Men: 6 (of 18)

Best time in course: 19:37

Rank in category: 4(of 4)

Best time in the category: 19:37

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	0.20	4:20	21:39	3	0:50	3	0:50	0.20	4:20	21:39	3	0:50	3	0:50
Wechsel S -> R	0.01	2:51	285:00	3	0:47	14	0:56	0.21	7:11	34:12	3	1:37	3	1:37
Rad netto	5.00	11:00	2:12	4	2:31	7	10:57	5.21	18:11	3:29	4	3:23	9	10:34
Rad	0.01	2:03	204:59	4	1:03	15	1:03	5.22	20:14	3:52	4	4:26	6	4:26
Lauf	1.00	4:24	4:24	3	0:35	6	0:35	6.22	24:38	3:57	4	5:01	6	5:01