



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

BOEHM, Alexander

Club: LV TriStar Oelde

Number: 120

Course: 25.50 km

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

Category:

Senioren 1 (40-44 Jahre)

Total time: 1:20:38

Speed: 18.60 km/h

Running performance: 3:10 min/km

Rank in course/Total: 44 (of 157)

Rank in course/Men: 37 (of 115)

Best time in course: 1:04:56

Rank in category: 6(of 13)

Best time in the category: 1:04:56

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	10:21	20:41	6	1:58	24	2:19	0.50	10:21	20:41	6	1:58	24	2:19
Rad	20.00	44:19	2:12	6	7:10	29	7:12	20.50	54:40	2:39	6	8:50	28	8:50
Lauf	5.00	25:58	5:11	9	8:44	71	8:44	25.50	1:20:38	3:09	6	15:42	37	15:42