



# 10. ITH-Hennesee-Triathlon Staffel

Meschede / 24.06.2017

## Detailed evaluation

die Pollis

Total time: 1:21:06

Number: 40

Speed: 18.50 km/h

Running performance: 3:11 min/km

Course: 25.50 km

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

Rank in course: 10 (of 22)

Best time in course: 1:03:44

Category:

Rank in category: 10(of 22)

Staffel

Best time in the category: 1:03:44

### 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.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Schwimmen	0.50	10:09	20:18	4	1:39	4	1:39	0.50	10:09	20:18	4	1:39	4	1:39
Rad	20.00	51:20	2:34	19	14:46	19	14:46	20.50	1:01:29	2:59	18	16:25	18	16:25
Lauf	5.00	19:37	3:55	4	0:57	4	0:57	25.50	1:21:06	3:10	10	17:22	10	17:22