



# 10. ITH-Hennesee-Triathlon Staffel

Meschede / 24.06.2017

## Detailed evaluation

ITH Superbolts 3

Total time: 1:25:27

Number: 57

Speed: 17.55 km/h

Running performance: 3:21 min/km

Course: 25.50 km

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

Rank in course: 15 (of 22)

Best time in course: 1:03:44

Category:

Rank in category: 15(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	11:58	23:56	10	3:28	10	3:28	0.50	11:58	23:56	10	3:28	10	3:28
Rad	20.00	43:20	2:10	9	6:46	9	6:46	20.50	55:18	2:41	8	10:14	8	10:14
Lauf	5.00	30:09	6:01	20	11:29	20	11:29	25.50	1:25:27	3:21	15	21:43	15	21:43