



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

BESTING, Ulrich

Club: androGym Münster

Number: 179

Course: 25.50 km

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

Category:

Senioren 4 (55-59 Jahre)

Total time: 1:24:37

Speed: 17.73 km/h

Running performance: 3:19 min/km

Rank in course/Total: 61 (of 157)

Rank in course/Men: 50 (of 115)

Best time in course: 1:04:56

Rank in category: 5(of 7)

Best time in the category: 1:16:54

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	10:29	20:57	1	-	26	2:27	0.50	10:29	20:57	1	-	26	2:27
Rad	20.00	49:08	2:27	5	6:57	58	12:01	20.50	59:37	2:54	4	5:13	47	13:47
Lauf	5.00	25:00	5:00	5	2:30	58	7:46	25.50	1:24:37	3:19	5	7:43	50	19:41