



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

IPPACH, Dirk

Club: TriCops Warstein

Number: 289

Course: 25.50 km

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

Category:

Senioren 3 (50-54 Jahre)

Total time: 1:25:29

Speed: 17.55 km/h

Running performance: 3:21 min/km

Rank in course/Total: 65 (of 157)

Rank in course/Men: 53 (of 115)

Best time in course: 1:04:56

Rank in category: 8(of 19)

Best time in the category: 1:05:20

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.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Schwimmen	0.50	13:24	26:48	14	4:41	88	5:22	0.50	13:24	26:48	14	4:41	88	5:22
Rad	20.00	48:48	2:26	8	11:41	56	11:41	20.50	1:02:12	3:02	9	16:22	62	16:22
Lauf	5.00	23:17	4:39	7	3:47	43	6:03	25.50	1:25:29	3:21	8	20:09	53	20:33