



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

BRUCH, Guido

Club: Turnverein Griesenbrauck

Number: 176

Course: 25.50 km

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

Category:

Senioren 4 (55-59 Jahre)

Total time: 1:23:27

Speed: 17.97 km/h

Running performance: 3:16 min/km

Rank in course/Total: 54 (of 157)

Rank in course/Men: 44 (of 115)

Best time in course: 1:04:56

Rank in category: 4(of 7)

Best time in the category: 1:16:54

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	13:52	27:44	6	3:23	95	5:50	0.50	13:52	27:44	6	3:23	95	5:50
Rad	20.00	46:24	2:19	4	4:13	38	9:17	20.50	1:00:16	2:56	5	5:52	52	14:26
Lauf	5.00	23:11	4:38	3	0:41	41	5:57	25.50	1:23:27	3:16	4	6:33	44	18:31