



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

TRAPP, Uwe

Club: LT MG-Volksgarten

Number: 218

Course: 25.50 km

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

Category:

Senioren 4 (55-59 Jahre)

Total time: 1:29:03

Speed: 16.84 km/h

Running performance: 3:29 min/km

Rank in course/Total: 84 (of 157)

Rank in course/Men: 66 (of 115)

Best time in course: 1:04:56

Rank in category: 6(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	11:33	23:06	3	1:04	48	3:31	0.50	11:33	23:06	3	1:04	48	3:31
Rad	20.00	49:58	2:29	6	7:47	61	12:51	20.50	1:01:31	3:00	6	7:07	58	15:41
Lauf	5.00	27:32	5:30	6	5:02	85	10:18	25.50	1:29:03	3:29	6	12:09	66	24:07