



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

KULISNIK, Nils

Club: Waltrop

Number: 140

Course: 25.50 km

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

Category:

AK2 männlich (25-29 Jahre)

Total time: 1:26:39

Speed: 17.31 km/h

Running performance: 3:24 min/km

Rank in course/Total: 74 (of 157)

Rank in course/Men: 61 (of 115)

Best time in course: 1:04:56

Rank in category: 8(of 16)

Best time in the category: 1:08:51

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	13:12	26:23	11	4:18	85	5:10	0.50	13:12	26:23	11	4:18	85	5:10
Rad	20.00	52:46	2:38	10	12:08	79	15:39	20.50	1:05:58	3:13	10	16:26	79	20:08
Lauf	5.00	20:41	4:08	2	1:22	13	3:27	25.50	1:26:39	3:23	8	17:48	61	21:43