



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

Engel, Werner

Club: ASK München Süd

Number: 226

Course: 25.50 km

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

Category:

Senioren 3 (50-54 Jahre)

Total time: 1:26:28

Speed: 17.35 km/h

Running performance: 3:23 min/km

Rank in course/Total: 72 (of 157)

Rank in course/Men: 59 (of 115)

Best time in course: 1:04:56

Rank in category: 9(of 19)

Best time in the category: 1:05:20

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	11:58	23:56	7	3:15	60	3:56	0.50	11:58	23:56	7	3:15	60	3:56
Rad	20.00	51:51	2:35	14	14:44	73	14:44	20.50	1:03:49	3:06	13	17:59	69	17:59
Lauf	5.00	22:39	4:31	5	3:09	33	5:25	25.50	1:26:28	3:23	9	21:08	59	21:32