



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

LIESEN, Hubert

Club: TSV Bigge-Olsberg

Number: 206

Course: 25.50 km

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

Category:

Senioren 5 (60-64 Jahre)

Total time: 1:29:58

Speed: 16.67 km/h

Running performance: 3:32 min/km

Rank in course/Total: 91 (of 157)

Rank in course/Men: 71 (of 115)

Best time in course: 1:04:56

Rank in category: 2(of 3)

Best time in the category: 1:23:28

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	12:18	24:36	2	0:38	71	4:16	0.50	12:18	24:36	2	0:38	71	4:16
Rad	20.00	52:36	2:37	2	8:22	77	15:29	20.50	1:04:54	3:09	2	9:00	73	19:04
Lauf	5.00	25:04	5:00	1	-	61	7:50	25.50	1:29:58	3:31	2	6:30	71	25:02