



10. ITH-Henneseer-Triathlon

Meschede / 24.06.2017

Detailed evaluation

BRECHT, Thorsten

Club: Tri-Cops Warstein

Number: 207

Course: 25.50 km

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

Category:

Senioren 3 (50-54 Jahre)

Total time: 1:30:27

Speed: 16.58 km/h

Running performance: 3:33 min/km

Rank in course/Total: 95 (of 157)

Rank in course/Men: 74 (of 115)

Best time in course: 1:04:56

Rank in category: 11(of 19)

Best time in the category: 1:05:20

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	14:23	28:45	17	5:40	97	6:21	0.50	14:23	28:45	17	5:40	97	6:21
Rad	20.00	50:45	2:32	11	13:38	65	13:38	20.50	1:05:08	3:10	14	19:18	76	19:18
Lauf	5.00	25:19	5:03	9	5:49	66	8:05	25.50	1:30:27	3:32	11	25:07	74	25:31