



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

HEISTER, Erwin

Club: NDD Doetinchem

Number: 462

Course: 55.50 km

Olympische Distanz (1,50-44,00-10,00)

Category:

Senioren 2 (45-49 Jahre)

Total time: 2:31:48

Speed: 21.74 km/h

Running performance: 2:44 min/km

Rank in course/Total: 6 (of 84)

Rank in course/Men: 6 (of 69)

Best time in course: 2:18:58

Rank in category: 2(of 17)

Best time in the category: 2:31:21

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	1.50	24:52	16:34	3	1:58	9	3:58	1.50	24:52	16:34	3	1:58	9	3:58
Rad	44.00	1:23:39	1:54	1	-	4	4:40	45.50	1:48:31	2:23	2	0:12	6	6:52
Lauf	10.00	43:17	4:19	3	2:47	12	5:58	55.50	2:31:48	2:44	2	0:27	6	12:50