



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

GELLHAUS, Bernd

Club: PV Witten

Number: 117

Course: 25.50 km

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

Category:

Senioren 3 (50-54 Jahre)

Total time: 1:30:47

Speed: 16.52 km/h

Running performance: 3:34 min/km

Rank in course/Total: 98 (of 157)

Rank in course/Men: 77 (of 115)

Best time in course: 1:04:56

Rank in category: 12(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 | 12:29 | 24:57 | 12 | 3:46 | 75 | 4:27 | 0.50 | 12:29 | 24:57 | 12 | 3:46 | 75 | 4:27 |
| Rad | 20.00 | 50:54 | 2:32 | 12 | 13:47 | 67 | 13:47 | 20.50 | 1:03:23 | 3:05 | 12 | 17:33 | 65 | 17:33 |
| Lauf | 5.00 | 27:24 | 5:28 | 12 | 7:54 | 84 | 10:10 | 25.50 | 1:30:47 | 3:33 | 12 | 25:27 | 77 | 25:51 |