



# 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