



# 10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

## Detailed evaluation

**RENNER, Dirk**

Club: Sauerländer Berggämse

Number: 167

Course: 25.50 km

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

Category:

Senioren 2 (45-49 Jahre)

Total time: 1:32:21

Speed: 16.24 km/h

Running performance: 3:37 min/km

Rank in course/Total: 101 (of 157)

Rank in course/Men: 79 (of 115)

Best time in course: 1:04:56

Rank in category: 14(of 17)

Best time in the category: 1:05:58

### 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	10:46	21:32	7	2:44	31	2:44	0.50	10:46	21:32	7	2:44	31	2:44
Rad	20.00	53:36	2:40	15	14:05	84	16:29	20.50	1:04:22	3:08	14	16:18	71	18:32
Lauf	5.00	27:59	5:35	15	10:05	88	10:45	25.50	1:32:21	3:37	14	26:23	79	27:25