



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

NICKELEIT-RISSE, Ulrich

Club: Energeticum Lippstadt

Number: 168

Course: 25.50 km

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

Category:

Senioren 3 (50-54 Jahre)

Total time: 1:33:31

Speed: 16.04 km/h

Running performance: 3:40 min/km

Rank in course/Total: 107 (of 157)

Rank in course/Men: 84 (of 115)

Best time in course: 1:04:56

Rank in category: 14(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	13:42	27:23	16	4:59	94	5:40	0.50	13:42	27:23	16	4:59	94	5:40
Rad	20.00	53:26	2:40	15	16:19	82	16:19	20.50	1:07:08	3:16	15	21:18	85	21:18
Lauf	5.00	26:23	5:16	11	6:53	75	9:09	25.50	1:33:31	3:40	14	28:11	84	28:35