



# 10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

## Detailed evaluation

### CURDES, Björn

Club: SV Herdringen

Number: 181

Course: 25.50 km

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

Category:

Senioren 1 (40-44 Jahre)

Total time: 1:35:50

Speed: 15.65 km/h

Running performance: 3:46 min/km

Rank in course/Total: 112 (of 157)

Rank in course/Men: 88 (of 115)

Best time in course: 1:04:56

Rank in category: 13(of 13)

Best time in the category: 1:04:56

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	13:33	27:06	12	5:10	91	5:31	0.50	13:33	27:06	12	5:10	91	5:31
Rad	20.00	56:31	2:49	13	19:22	92	19:24	20.50	1:10:04	3:25	13	24:14	93	24:14
Lauf	5.00	25:46	5:09	8	8:32	70	8:32	25.50	1:35:50	3:45	13	30:54	88	30:54