



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

KEMPER, Christoph

Club: TRI Sport Menden

Number: 494

Course: 55.50 km

Olympische Distanz (1,50-44,00-10,00)

Category:

Senioren 1 (40-44 Jahre)

Total time: 2:39:33

Speed: 20.68 km/h

Running performance: 2:52 min/km

Rank in course/Total: 12 (of 84)

Rank in course/Men: 11 (of 69)

Best time in course: 2:18:58

Rank in category: 1(of 16)

Best time in the category: 2:39:33

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	1.50	27:11	18:07	1	-	20	6:17	1.50	27:11	18:07	1	-	20	6:17
Rad	44.00	1:25:36	1:56	2	0:22	9	6:37	45.50	1:52:47	2:28	1	-	8	11:08
Lauf	10.00	46:46	4:40	4	3:25	23	9:27	55.50	2:39:33	2:52	1	-	11	20:35