



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

BOCKHOLT, Peter

Club: SV Gladbeck 13

Number: 479

Course: 55.50 km

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

Category:

Senioren 3 (50-54 Jahre)

Total time: 2:36:09

Speed: 21.13 km/h

Running performance: 2:49 min/km

Rank in course/Total: 9 (of 84)

Rank in course/Men: 9 (of 69)

Best time in course: 2:18:58

Rank in category: 1(of 9)

Best time in the category: 2:36:09

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	26:59	17:59	3	4:29	18	6:05	1.50	26:59	17:59	3	4:29	18	6:05
Rad	44.00	1:25:07	1:56	1	-	7	6:08	45.50	1:52:06	2:27	1	-	7	10:27
Lauf	10.00	44:03	4:24	2	5:16	15	6:44	55.50	2:36:09	2:48	1	-	9	17:11