



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

PUFAL, Kai

Club: Campus Physio

Number: 197

Course: 25.50 km

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

Category:

Senioren 2 (45-49 Jahre)

Total time: 1:40:05

Speed: 14.99 km/h

Running performance: 3:55 min/km

Rank in course/Total: 126 (of 157)

Rank in course/Men: 96 (of 115)

Best time in course: 1:04:56

Rank in category: 17(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	11:50	23:40	13	3:48	56	3:48	0.50	11:50	23:40	13	3:48	56	3:48
Rad	20.00	55:06	2:45	17	15:35	90	17:59	20.50	1:06:56	3:15	16	18:52	84	21:06
Lauf	5.00	33:09	6:37	17	15:15	105	15:55	25.50	1:40:05	3:55	17	34:07	96	35:09