



10. ITH-Henneseer-Triathlon

Meschede / 24.06.2017

Detailed evaluation

REIß, Thomas

Club: herdringer.de

Number: 239

Course: 25.50 km

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

Category:

Senioren 3 (50-54 Jahre)

Total time: 1:48:04

Speed: 13.88 km/h

Running performance: 4:14 min/km

Rank in course/Total: 145 (of 157)

Rank in course/Men: 106 (of 115)

Best time in course: 1:04:56

Rank in category: 19(of 19)

Best time in the category: 1:05:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	15:40	31:19	19	6:57	104	7:38	0.50	15:40	31:19	19	6:57	104	7:38
Rad	20.00	58:43	2:56	18	21:36	96	21:36	20.50	1:14:23	3:37	19	28:33	101	28:33
Lauf	5.00	33:41	6:44	18	14:11	108	16:27	25.50	1:48:04	4:14	19	42:44	106	43:08