



10. ITH-Hennesees-Triathlon

Meschede / 24.06.2017

Detailed evaluation

HEIDER, Stefan

Club: ASV Velo Venezia Dransfeld e.V.

Number: 461

Course: 55.50 km

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

Category:

Senioren 2 (45-49 Jahre)

Total time: 2:50:15

Speed: 19.56 km/h

Running performance: 3:04 min/km

Rank in course/Total: 28 (of 84)

Rank in course/Men: 26 (of 69)

Best time in course: 2:18:58

Rank in category: 6(of 17)

Best time in the category: 2:31:21

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	1.50	34:23	22:55	10	11:29	58	13:29	1.50	34:23	22:55	10	11:29	58	13:29
Rad	44.00	1:28:53	2:01	4	5:14	17	9:54	45.50	2:03:16	2:42	6	14:57	26	21:37
Lauf	10.00	46:59	4:41	5	6:29	25	9:40	55.50	2:50:15	3:04	6	18:54	26	31:17