



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

RUDNIK, Christian

Club: LT Starlight Team Essen

Number: 172

Course: 25.50 km

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

Category:

Senioren 3 (50-54 Jahre)

Total time: 1:46:03

Speed: 14.14 km/h

Running performance: 4:10 min/km

Rank in course/Total: 138 (of 157)

Rank in course/Men: 101 (of 115)

Best time in course: 1:04:56

Rank in category: 18(of 19)

Best time in the category: 1:05:20

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	12:09	24:18	9	3:26	65	4:07	0.50	12:09	24:18	9	3:26	65	4:07
Rad	20.00	1:00:13	3:00	19	23:06	101	23:06	20.50	1:12:22	3:31	18	26:32	97	26:32
Lauf	5.00	33:41	6:44	18	14:11	108	16:27	25.50	1:46:03	4:09	18	40:43	101	41:07