



# 10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

## Detailed evaluation

**BERGMANN, Helmut**

Club: Marathon Soest eV

Number: 429

Course: 55.50 km

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

Category:

Senioren 5 (60-64 Jahre)

Total time: 2:54:18

Speed: 18.93 km/h

Running performance: 3:08 min/km

Rank in course/Total: 36 (of 84)

Rank in course/Men: 33 (of 69)

Best time in course: 2:18:58

Rank in category: 1(of 1)

Best time in the category: 2:54:18

### 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	27:48	18:32	1	-	23	6:54	1.50	27:48	18:32	1	-	23	6:54
Rad	44.00	1:40:57	2:17	1	-	47	21:58	45.50	2:08:45	2:49	1	-	40	27:06
Lauf	10.00	45:33	4:33	1	-	19	8:14	55.50	2:54:18	3:08	1	-	33	35:20