



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

BOCKEY, Elmar

Club: TriCops Warstein

Number: 245

Course: 25.50 km

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

Category:

Senioren 1 (40-44 Jahre)

Total time: 1:24:11

Speed: 17.82 km/h

Running performance: 3:18 min/km

Rank in course/Total: 59 (of 157)

Rank in course/Men: 48 (of 115)

Best time in course: 1:04:56

Rank in category: 7(of 13)

Best time in the category: 1:04:56

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	11:59	23:57	11	3:36	61	3:57	0.50	11:59	23:57	11	3:36	61	3:57
Rad	20.00	47:13	2:21	7	10:04	44	10:06	20.50	59:12	2:53	7	13:22	44	13:22
Lauf	5.00	24:59	4:59	6	7:45	57	7:45	25.50	1:24:11	3:18	7	19:15	48	19:15