



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

GONDA, Harald

Club: ohne

Number: 417

Course: 55.50 km

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

Category:

Senioren 3 (50-54 Jahre)

Total time: 2:55:15

Speed: 18.83 km/h

Running performance: 3:10 min/km

Rank in course/Total: 39 (of 84)

Rank in course/Men: 35 (of 69)

Best time in course: 2:18:58

Rank in category: 4(of 9)

Best time in the category: 2:36:09

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	30:34	20:22	5	8:04	40	9:40	1.50	30:34	20:22	5	8:04	40	9:40
Rad	44.00	1:32:46	2:06	2	7:39	26	13:47	45.50	2:03:20	2:42	3	11:14	27	21:41
Lauf	10.00	51:55	5:11	4	13:08	42	14:36	55.50	2:55:15	3:09	4	19:06	35	36:17