



# 10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

## Detailed evaluation

**PRÜNTE, René**

Club: TV Flerke

Number: 430

Course: 55.50 km

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

Category:

AK4 männlich (35-39 Jahre)

Total time: 2:58:15

Speed: 18.51 km/h

Running performance: 3:13 min/km

Rank in course/Total: 42 (of 84)

Rank in course/Men: 37 (of 69)

Best time in course: 2:18:58

Rank in category: 6(of 8)

Best time in the category: 2:40:12

### 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	33:11	22:07	7	7:47	49	12:17	1.50	33:11	22:07	7	7:47	49	12:17
Rad	44.00	1:37:52	2:13	5	11:21	38	18:53	45.50	2:11:03	2:52	6	17:40	44	29:24
Lauf	10.00	47:12	4:43	5	5:15	26	9:53	55.50	2:58:15	3:12	6	18:03	37	39:17