



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

ZERRATH, Uwe

Club: Soester Tri Team

Number: 401

Course: 55.50 km

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

Category:

Senioren 2 (45-49 Jahre)

Total time: 2:58:31

Speed: 18.65 km/h

Running performance: 3:13 min/km

Rank in course/Total: 43 (of 84)

Rank in course/Men: 38 (of 69)

Best time in course: 2:18:58

Rank in category: 10(of 17)

Best time in the category: 2:31:21

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	26:38	17:45	4	3:44	13	5:44	1.50	26:38	17:45	4	3:44	13	5:44
Rad	44.00	1:40:10	2:16	14	16:31	46	21:11	45.50	2:06:48	2:47	9	18:29	35	25:09
Lauf	10.00	51:43	5:10	10	11:13	41	14:24	55.50	2:58:31	3:12	10	27:10	38	39:33