



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

RISTHAUS, Piet

Club: Vereinslos

Number: 450

Course: 55.50 km

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

Category:

AK3 männlich (30-34 Jahre)

Total time: 2:58:39

Speed: 18.64 km/h

Running performance: 3:13 min/km

Rank in course/Total: 44 (of 84)

Rank in course/Men: 39 (of 69)

Best time in course: 2:18:58

Rank in category: 5(of 7)

Best time in the category: 2:27:51

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	33:44	22:29	7	9:10	54	12:50	1.50	33:44	22:29	7	9:10	54	12:50
Rad	44.00	1:33:38	2:07	4	9:58	29	14:39	45.50	2:07:22	2:47	5	19:08	38	25:43
Lauf	10.00	51:17	5:07	5	11:40	39	13:58	55.50	2:58:39	3:13	5	30:48	39	39:41