



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

PAHL, Rainer

Club: SV Hederborn Upsprunge

Number: 434

Course: 55.50 km

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

Category:

Senioren 1 (40-44 Jahre)

Total time: 2:59:02

Speed: 18.43 km/h

Running performance: 3:14 min/km

Rank in course/Total: 47 (of 84)

Rank in course/Men: 40 (of 69)

Best time in course: 2:18:58

Rank in category: 8(of 16)

Best time in the category: 2:39:33

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	33:49	22:32	16	6:38	57	12:55	1.50	33:49	22:32	16	6:38	57	12:55
Rad	44.00	1:36:42	2:11	8	11:28	35	17:43	45.50	2:10:31	2:52	8	17:44	43	28:52
Lauf	10.00	48:31	4:51	7	5:10	32	11:12	55.50	2:59:02	3:13	8	19:29	40	40:04