



10. ITH-Henneseer-Triathlon

Meschede / 24.06.2017

Detailed evaluation

WERNER, Karsten

Club: vereinslos

Number: 433

Course: 55.50 km

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

Category:

Senioren 3 (50-54 Jahre)

Total time: 3:01:21

Speed: 18.20 km/h

Running performance: 3:16 min/km

Rank in course/Total: 48 (of 84)

Rank in course/Men: 41 (of 69)

Best time in course: 2:18:58

Rank in category: 5(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 | 29:42 | 19:48 | 4 | 7:12 | 34 | 8:48 | 1.50 | 29:42 | 19:48 | 4 | 7:12 | 34 | 8:48 |
| Rad | 44.00 | 1:37:22 | 2:12 | 5 | 12:15 | 36 | 18:23 | 45.50 | 2:07:04 | 2:47 | 4 | 14:58 | 36 | 25:25 |
| Lauf | 10.00 | 54:17 | 5:25 | 6 | 15:30 | 51 | 16:58 | 55.50 | 3:01:21 | 3:16 | 5 | 25:12 | 41 | 42:23 |