



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

RUMP, Mario

Club: DJK GWA Amelsbüren

Number: 496

Course: 55.50 km

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

Category:

Senioren 1 (40-44 Jahre)

Total time: 3:02:03

Speed: 18.13 km/h

Running performance: 3:17 min/km

Rank in course/Total: 50 (of 84)

Rank in course/Men: 43 (of 69)

Best time in course: 2:18:58

Rank in category: 9(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	29:43	19:48	6	2:32	35	8:49	1.50	29:43	19:48	6	2:32	35	8:49
Rad	44.00	1:41:44	2:18	10	16:30	51	22:45	45.50	2:11:27	2:53	9	18:40	45	29:48
Lauf	10.00	50:36	5:03	9	7:15	37	13:17	55.50	3:02:03	3:16	9	22:30	43	43:05