



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

GEROLD, Volker

Club: TuS Velmede-Bestwig

Number: 491

Course: 55.50 km

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

Category:

Senioren 2 (45-49 Jahre)

Total time: 3:03:48

Speed: 17.95 km/h

Running performance: 3:19 min/km

Rank in course/Total: 53 (of 84)

Rank in course/Men: 45 (of 69)

Best time in course: 2:18:58

Rank in category: 11(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	28:59	19:19	7	6:05	29	8:05	1.50	28:59	19:19	7	6:05	29	8:05
Rad	44.00	1:38:19	2:14	11	14:40	41	19:20	45.50	2:07:18	2:47	10	18:59	37	25:39
Lauf	10.00	56:30	5:39	13	16:00	55	19:11	55.50	3:03:48	3:18	11	32:27	45	44:50