



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

NÄRDEMANN, Wolfgang

Club: Triathlon Team Selm e V

Number: 423

Course: 55.50 km

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

Category:

Senioren 1 (40-44 Jahre)

Total time: 3:05:33

Speed: 17.95 km/h

Running performance: 3:20 min/km

Rank in course/Total: 56 (of 84)

Rank in course/Men: 47 (of 69)

Best time in course: 2:18:58

Rank in category: 10(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	30:53	20:35	9	3:42	42	9:59	1.50	30:53	20:35	9	3:42	42	9:59
Rad	44.00	1:41:17	2:18	9	16:03	49	22:18	45.50	2:12:10	2:54	10	19:23	47	30:31
Lauf	10.00	53:23	5:20	10	10:02	48	16:04	55.50	3:05:33	3:20	10	26:00	47	46:35