



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

KALWELLIS, Carsten

Club: VFL Engelskirchen Triathlon

Number: 487

Course: 55.50 km

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

Category:

Senioren 2 (45-49 Jahre)

Total time: 3:07:28

Speed: 17.60 km/h

Running performance: 3:23 min/km

Rank in course/Total: 59 (of 84)

Rank in course/Men: 50 (of 69)

Best time in course: 2:18:58

Rank in category: 13(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	34:35	23:03	11	11:41	59	13:41	1.50	34:35	23:03	11	11:41	59	13:41
Rad	44.00	1:39:22	2:15	12	15:43	43	20:23	45.50	2:13:57	2:56	12	25:38	49	32:18
Lauf	10.00	53:31	5:21	12	13:01	49	16:12	55.50	3:07:28	3:22	13	36:07	50	48:30