



# 10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

## Detailed evaluation

**DONNER, Franz Thomas**

Club: LTV Lippstadt Triathlon

Number: 440

Course: 55.50 km

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

Category:

Senioren 3 (50-54 Jahre)

Total time: 3:12:17

Speed: 17.32 km/h

Running performance: 3:28 min/km

Rank in course/Total: 62 (of 84)

Rank in course/Men: 52 (of 69)

Best time in course: 2:18:58

Rank in category: 7(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	39:52	26:34	9	17:22	66	18:58	1.50	39:52	26:34	9	17:22	66	18:58
Rad	44.00	1:41:04	2:17	7	15:57	48	22:05	45.50	2:20:56	3:05	8	28:50	58	39:17
Lauf	10.00	51:21	5:08	3	12:34	40	14:02	55.50	3:12:17	3:27	7	36:08	52	53:19