



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

BLIESNER, Friedhelm

Club: Duisburger Schwimmverein 1898

Number: 409

Course: 55.50 km

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

Category:

Senioren 6 (65-69 Jahre)

Total time: 4:10:31

Speed: 13.17 km/h

Running performance: 4:31 min/km

Rank in course/Total: 82 (of 84)

Rank in course/Men: 67 (of 69)

Best time in course: 2:18:58

Rank in category: 1(of 1)

Best time in the category: 4:10:31

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	39:02	26:01	1	-	64	18:08	1.50	39:02	26:01	1	-	64	18:08
Rad	44.00	2:17:39	3:07	1	-	67	58:40	45.50	2:56:41	3:52	1	-	67	1:15:02
Lauf	10.00	1:13:50	7:22	1	-	67	36:31	55.50	4:10:31	4:30	1	-	67	1:51:33