



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

WEIER, Ralf

Club: Marathon-Club Menden

Number: 186

Course: 25.50 km

Volksdistanz (0,50-20,00-5,00)

Category:

Senioren 3 (50-54 Jahre)

Total time: 1:05:20

Speed: 22.96 km/h

Running performance: 2:34 min/km

Rank in course/Total: 2 (of 157)

Rank in course/Men: 2 (of 115)

Best time in course: 1:04:56

Rank in category: 1(of 19)

Best time in the category: 1:05:20

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	0.50	8:43	17:26	1	-	6	0:41	0.50	8:43	17:26	1	-	6	0:41
Rad	20.00	37:07	1:51	1	-	1	-	20.50	45:50	2:14	1	-	1	-
Lauf	5.00	19:30	3:53	1	-	8	2:16	25.50	1:05:20	2:33	1	-	2	0:24