



10. ITH-Hennesees-Triathlon

Meschede / 24.06.2017

Detailed evaluation

THOMA, Waldemar

Club: Kein

Number: 269

Course: 25.50 km

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

Category:

Senioren 2 (45-49 Jahre)

Total time: 1:10:26

Speed: 21.30 km/h

Running performance: 2:46 min/km

Rank in course/Total: 9 (of 157)

Rank in course/Men: 9 (of 115)

Best time in course: 1:04:56

Rank in category: 2(of 17)

Best time in the category: 1:05:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	12:25	24:49	14	4:23	73	4:23	0.50	12:25	24:49	14	4:23	73	4:23
Rad	20.00	39:31	1:58	1	-	5	2:24	20.50	51:56	2:31	5	3:52	15	6:06
Lauf	5.00	18:30	3:42	2	0:36	3	1:16	25.50	1:10:26	2:45	2	4:28	9	5:30