



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

LAMOTTE, Burkhard

Club: PSV Brilon

Number: 246

Course: 25.50 km

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

Category:

Senioren 2 (45-49 Jahre)

Total time: 1:11:59

Speed: 20.84 km/h

Running performance: 2:49 min/km

Rank in course/Total: 11 (of 157)

Rank in course/Men: 11 (of 115)

Best time in course: 1:04:56

Rank in category: 4(of 17)

Best time in the category: 1:05:58

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	8:45	17:30	3	0:43	7	0:43	0.50	8:45	17:30	3	0:43	7	0:43
Rad	20.00	43:04	2:09	6	3:33	18	5:57	20.50	51:49	2:31	3	3:45	12	5:59
Lauf	5.00	20:10	4:01	3	2:16	10	2:56	25.50	1:11:59	2:49	4	6:01	11	7:03