



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

HANNIG, Ralf

Club: Team CLaRa

Number: 199

Course: 25.50 km

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

Category:

Senioren 3 (50-54 Jahre)

Total time: 1:14:57

Speed: 20.01 km/h

Running performance: 2:56 min/km

Rank in course/Total: 19 (of 157)

Rank in course/Men: 18 (of 115)

Best time in course: 1:04:56

Rank in category: 3(of 19)

Best time in the category: 1:05:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	11:04	22:07	5	2:21	38	3:02	0.50	11:04	22:07	5	2:21	38	3:02
Rad	20.00	43:12	2:09	3	6:05	19	6:05	20.50	54:16	2:38	4	8:26	23	8:26
Lauf	5.00	20:41	4:08	2	1:11	13	3:27	25.50	1:14:57	2:56	3	9:37	18	10:01