



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

HERTING, Jörg

Club: Tri-Cops Warstein

Number: 236

Course: 25.50 km

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

Category:

Senioren 2 (45-49 Jahre)

Total time: 1:15:51

Speed: 19.78 km/h

Running performance: 2:58 min/km

Rank in course/Total: 22 (of 157)

Rank in course/Men: 21 (of 115)

Best time in course: 1:04:56

Rank in category: 7(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 | 10:18 | 20:36 | 5 | 2:16 | 23 | 2:16 | 0.50 | 10:18 | 20:36 | 5 | 2:16 | 23 | 2:16 |
| Rad | 20.00 | 43:59 | 2:11 | 8 | 4:28 | 23 | 6:52 | 20.50 | 54:17 | 2:38 | 7 | 6:13 | 24 | 8:27 |
| Lauf | 5.00 | 21:34 | 4:18 | 7 | 3:40 | 23 | 4:20 | 25.50 | 1:15:51 | 2:58 | 7 | 9:53 | 21 | 10:55 |