



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

SCHWEDA, Thomas

Club: Tri-Sport-Team TV Verl

Number: 185

Course: 25.50 km

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

Category:

Senioren 2 (45-49 Jahre)

Total time: 1:16:00

Speed: 19.74 km/h

Running performance: 2:59 min/km

Rank in course/Total: 23 (of 157)

Rank in course/Men: 22 (of 115)

Best time in course: 1:04:56

Rank in category: 8(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	10:49	21:37	8	2:47	33	2:47	0.50	10:49	21:37	8	2:47	33	2:47
Rad	20.00	44:03	2:12	9	4:32	25	6:56	20.50	54:52	2:40	9	6:48	29	9:02
Lauf	5.00	21:08	4:13	4	3:14	17	3:54	25.50	1:16:00	2:58	8	10:02	22	11:04