



# 10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

## Detailed evaluation

**HENSEL, André**

Club: SC Oberursel

Number: 111

Course: 25.50 km

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

Category:

Senioren 2 (45-49 Jahre)

Total time: 1:15:04

Speed: 19.98 km/h

Running performance: 2:56 min/km

Rank in course/Total: 20 (of 157)

Rank in course/Men: 19 (of 115)

Best time in course: 1:04:56

Rank in category: 6(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	11:10	22:19	10	3:08	41	3:08	0.50	11:10	22:19	10	3:08	41	3:08
Rad	20.00	42:46	2:08	5	3:15	17	5:39	20.50	53:56	2:37	6	5:52	21	8:06
Lauf	5.00	21:08	4:13	4	3:14	17	3:54	25.50	1:15:04	2:56	6	9:06	19	10:08