



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

PLAßWILM, Andreas

Club: fit4tri TG Bad Waldsee 1848

Number: 124

Course: 25.50 km

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

Category:

Senioren 4 (55-59 Jahre)

Total time: 1:16:54

Speed: 19.51 km/h

Running performance: 3:01 min/km

Rank in course/Total: 27 (of 157)

Rank in course/Men: 25 (of 115)

Best time in course: 1:04:56

Rank in category: 1(of 7)

Best time in the category: 1:16:54

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	12:13	24:26	4	1:44	68	4:11	0.50	12:13	24:26	4	1:44	68	4:11
Rad	20.00	42:11	2:06	1	-	16	5:04	20.50	54:24	2:39	1	-	25	8:34
Lauf	5.00	22:30	4:30	1	-	30	5:16	25.50	1:16:54	3:00	1	-	25	11:58