



# 10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

## Detailed evaluation

**TRIER, Martin**

Club: TSV Dieringhausen

Number: 308

Course: 25.20 km

Sprintdistanz (0,2,- 20,00,- 5,00)

Category:

Senioren 4 (55-59 Jahre)

Total time: 1:17:50

Speed: 19.27 km/h

Running performance: 3:05 min/km

Rank in course/Total: 7 (of 19)

Rank in course/Men: 4 (of 9)

Best time in course: 1:04:46

Rank in category: 2(of 2)

Best time in the category: 1:15:48

### 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	0.20	4:54	24:30	1	-	6	0:45	0.20	4:54	24:30	1	-	6	0:45
Rad	20.00	51:10	2:33	2	6:07	6	10:36	20.20	56:04	2:46	2	5:29	6	11:21
Lauf	5.00	21:46	4:21	1	-	3	1:43	25.20	1:17:50	3:05	2	2:02	4	13:04