



10. ITH-Henneseer-Triathlon

Meschede / 24.06.2017

Detailed evaluation

HELLE, Dietmar

Club: TuS GW Allagen

Number: 320

Course: 25.20 km

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

Category:

Senioren 3 (50-54 Jahre)

Total time: 1:18:23

Speed: 19.14 km/h

Running performance: 3:07 min/km

Rank in course/Total: 9 (of 19)

Rank in course/Men: 6 (of 9)

Best time in course: 1:04:46

Rank in category: 1(of 1)

Best time in the category: 1:18:23

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	5:32	27:39	1	-	8	1:23	0.20	5:32	27:39	1	-	8	1:23
Rad	20.00	48:53	2:26	1	-	4	8:19	20.20	54:25	2:41	1	-	4	9:42
Lauf	5.00	23:58	4:47	1	-	6	3:55	25.20	1:18:23	3:06	1	-	6	13:37