



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

SCHNITZMEIER, Ralf

Club: Hannover 96

Number: 213

Course: 25.50 km

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

Category:

Senioren 3 (50-54 Jahre)

Total time: 1:20:41

Speed: 18.59 km/h

Running performance: 3:10 min/km

Rank in course/Total: 45 (of 157)

Rank in course/Men: 38 (of 115)

Best time in course: 1:04:56

Rank in category: 5(of 19)

Best time in the category: 1:05:20

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	12:16	24:32	11	3:33	70	4:14	0.50	12:16	24:32	11	3:33	70	4:14
Rad	20.00	47:17	2:21	6	10:10	46	10:10	20.50	59:33	2:54	6	13:43	45	13:43
Lauf	5.00	21:08	4:13	4	1:38	17	3:54	25.50	1:20:41	3:09	5	15:21	38	15:45