



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

KURTEN, Elmar

Club: Wasserfreunde Finnentrop

Number: 157

Course: 25.50 km

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

Category:

Senioren 3 (50-54 Jahre)

Total time: 1:24:05

Speed: 17.84 km/h

Running performance: 3:18 min/km

Rank in course/Total: 58 (of 157)

Rank in course/Men: 47 (of 115)

Best time in course: 1:04:56

Rank in category: 7(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	11:40	23:19	6	2:57	51	3:38	0.50	11:40	23:19	6	2:57	51	3:38
Rad	20.00	49:25	2:28	9	12:18	59	12:18	20.50	1:01:05	2:58	7	15:15	55	15:15
Lauf	5.00	23:00	4:35	6	3:30	39	5:46	25.50	1:24:05	3:17	7	18:45	47	19:09