



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

SCHÄFER, Sina

Club: SV Gladbeck 13

Number: 6

Course: 6.22 km

Schüler- und Jugendtriathlon (0,2-5,00-1,00)

Category:

weibliche Schüler B (10+11 Jahre)

Total time: 25:42

Speed: 14.01 km/h

Running performance: 4:08 min/km

Rank in course/Total: 11 (of 28)

Rank in course/Women: 4 (of 10)

Best time in course: 22:58

Rank in category: 1(of 4)

Best time in the category: 25:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.20	4:11	20:55	1	-	2	0:36	0.20	4:11	20:55	1	-	2	0:36
Wechsel S -> R	0.01	2:11	218:19	2	0:25	4	0:25	0.21	6:22	30:19	2	0:19	3	0:37
Rad netto	5.00	13:30	2:42	1	-	6	13:27	5.21	19:52	3:48	1	-	6	12:20
Rad	0.01	1:27	145:00	2	0:07	3	0:10	5.22	21:19	4:05	1	-	4	2:47
Lauf	1.00	4:23	4:23	2	0:03	2	0:03	6.22	25:42	4:07	1	-	4	2:44