



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

BRÖKER, Lisa

Club: SK Winterberg

Number: 217

Course: 25.50 km

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

Category:

Juniorinnen (18+19 Jahre)

Total time: 1:23:32

Speed: 17.96 km/h

Running performance: 3:17 min/km

Rank in course/Total: 57 (of 157)

Rank in course/Women: 11 (of 42)

Best time in course: 1:12:08

Rank in category: 2(of 3)

Best time in the category: 1:21:35

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	0.50	11:28	22:56	1	-	29	3:22	0.50	11:28	22:56	1	-	29	3:22
Rad	20.00	46:52	2:20	1	-	8	4:41	20.50	58:20	2:50	1	-	8	8:03
Lauf	5.00	25:12	5:02	2	3:10	16	3:56	25.50	1:23:32	3:16	2	1:57	11	11:24