



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

LUTHER, Anke

Club: Tri Sport Menden

Number: 169

Course: 25.50 km

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

Category:

Seniorinnen 1 (40-44 Jahre)

Total time: 1:24:45

Speed: 17.70 km/h

Running performance: 3:19 min/km

Rank in course/Total: 62 (of 157)

Rank in course/Women: 12 (of 42)

Best time in course: 1:12:08

Rank in category: 1(of 7)

Best time in the category: 1:24:45

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	10:10	20:19	1	-	8	2:04	0.50	10:10	20:19	1	-	8	2:04
Rad	20.00	49:45	2:29	1	-	14	7:34	20.50	59:55	2:55	1	-	14	9:38
Lauf	5.00	24:50	4:58	3	3:16	14	3:34	25.50	1:24:45	3:19	1	-	12	12:37