



# 10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

## Detailed evaluation

**SELKER, Astrid**

Club: LC Wiedenbrück

Number: 122

Course: 25.50 km

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

Category:

AK3 weiblich (30-34 Jahre)

Total time: 1:19:01

Speed: 18.98 km/h

Running performance: 3:06 min/km

Rank in course/Total: 35 (of 157)

Rank in course/Women: 5 (of 42)

Best time in course: 1:12:08

Rank in category: 2(of 7)

Best time in the category: 1:16:34

### 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.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Schwimmen	0.50	9:29	18:57	1	-	4	1:23	0.50	9:29	18:57	1	-	4	1:23
Rad	20.00	46:07	2:18	2	1:44	7	3:56	20.50	55:36	2:42	2	0:18	6	5:19
Lauf	5.00	23:25	4:41	2	2:09	8	2:09	25.50	1:19:01	3:05	2	2:27	5	6:53