



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

BELLSCHIEDT, Dagmar

Club: ohne

Number: 164

Course: 25.50 km

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

Category:

Seniorinnen 2 (45-49 Jahre)

Total time: 1:27:38

Speed: 17.12 km/h

Running performance: 3:26 min/km

Rank in course/Total: 78 (of 157)

Rank in course/Women: 16 (of 42)

Best time in course: 1:12:08

Rank in category: 1(of 6)

Best time in the category: 1:27:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women	
								km	Time	min/km	Pos	Behind	Pos					Behind
Schwimmen	0.50	10:32	21:03	1	-	12	2:26	0.50	10:32	21:03	1	-	12	2:26				
Rad	20.00	49:58	2:29	1	-	15	7:47	20.50	1:00:30	2:57	1	-	15	10:13				
Lauf	5.00	27:08	5:25	3	1:58	22	5:52	25.50	1:27:38	3:26	1	-	16	15:30				