



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

ZIMMERMANN, Franka

Club: Marathon-Club Menden

Number: 203

Course: 25.50 km

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

Category:

Seniorinnen 1 (40-44 Jahre)

Total time: 1:28:48

Speed: 16.89 km/h

Running performance: 3:29 min/km

Rank in course/Total: 83 (of 157)

Rank in course/Women: 18 (of 42)

Best time in course: 1:12:08

Rank in category: 3(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	10:29	20:57	2	0:19	10	2:23	0.50	10:29	20:57	2	0:19	10	2:23
Rad	20.00	56:45	2:50	4	7:00	25	14:34	20.50	1:07:14	3:16	4	7:19	24	16:57
Lauf	5.00	21:34	4:18	1	-	2	0:18	25.50	1:28:48	3:28	3	4:03	18	16:40