



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

RAUCH, Ina

Club: TSV Dieringhausen

Number: 119

Course: 25.50 km

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

Category:

Seniorinnen 1 (40-44 Jahre)

Total time: 1:30:09

Speed: 16.64 km/h

Running performance: 3:32 min/km

Rank in course/Total: 92 (of 157)

Rank in course/Women: 21 (of 42)

Best time in course: 1:12:08

Rank in category: 4(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.50	11:17	22:33	4	1:07	24	3:11	0.50	11:17	22:33	4	1:07	24	3:11
Rad	20.00	52:12	2:36	3	2:27	18	10:01	20.50	1:03:29	3:05	3	3:34	18	13:12
Lauf	5.00	26:40	5:20	5	5:06	20	5:24	25.50	1:30:09	3:32	4	5:24	21	18:01