



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

SAUERWALD, Lina

Club: Tauchclub Medebach

Number: 225

Course: 25.50 km

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

Category:

weibliche Jugend A (16+17 Jahre)

Total time: 1:29:05

Speed: 16.84 km/h

Running performance: 3:29 min/km

Rank in course/Total: 85 (of 157)

Rank in course/Women: 19 (of 42)

Best time in course: 1:12:08

Rank in category: 2(of 3)

Best time in the category: 1:28:33

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	10:43	21:26	1	-	15	2:37	0.50	10:43	21:26	1	-	15	2:37
Rad	20.00	51:34	2:34	1	-	17	9:23	20.50	1:02:17	3:02	1	-	17	12:00
Lauf	5.00	26:48	5:21	2	3:44	21	5:32	25.50	1:29:05	3:29	2	0:32	19	16:57