



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

TIGGES, Sabrina

Club: SC Hagen-Wildewiese

Number: 153

Course: 25.50 km

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

Category:

AK4 weiblich (35-39 Jahre)

Total time: 1:30:56

Speed: 16.50 km/h

Running performance: 3:34 min/km

Rank in course/Total: 99 (of 157)

Rank in course/Women: 22 (of 42)

Best time in course: 1:12:08

Rank in category: 1(of 1)

Best time in the category: 1:30:56

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	12:55	25:49	1	-	35	4:49	0.50	12:55	25:49	1	-	35	4:49
Rad	20.00	52:17	2:36	1	-	19	10:06	20.50	1:05:12	3:10	1	-	20	14:55
Lauf	5.00	25:44	5:08	1	-	18	4:28	25.50	1:30:56	3:33	1	-	22	18:48