



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

KRAUSE, Silke

Club: Marathon-Club Menden

Number: 187

Course: 25.50 km

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

Category:

Seniorinnen 3 (50-54 Jahre)

Total time: 1:33:05

Speed: 16.11 km/h

Running performance: 3:39 min/km

Rank in course/Total: 105 (of 157)

Rank in course/Women: 23 (of 42)

Best time in course: 1:12:08

Rank in category: 4(of 6)

Best time in the category: 1:18:33

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	10:45	21:30	3	1:11	16	2:39	0.50	10:45	21:30	3	1:11	16	2:39				
Rad	20.00	54:51	2:44	4	11:39	23	12:40	20.50	1:05:36	3:11	4	11:42	22	15:19				
Lauf	5.00	27:29	5:29	4	5:25	24	6:13	25.50	1:33:05	3:39	4	14:32	23	20:57				