



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

MÜHLENBEIN, Julia

Club: none

Number: 304

Course: 25.20 km

Sprintdistanz (0,2,- 20,00,- 5,00)

Category:

AK4 weiblich (35-39 Jahre)

Total time: 1:32:26

Speed: 16.23 km/h

Running performance: 3:40 min/km

Rank in course/Total: 15 (of 19)

Rank in course/Women: 6 (of 10)

Best time in course: 1:07:38

Rank in category: 2(of 3)

Best time in the category: 1:21:51

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 | 0.20 | 6:15 | 31:15 | 3 | 0:52 | 9 | 2:32 | 0.20 | 6:15 | 31:15 | 3 | 0:52 | 9 | 2:32 |
| Rad | 20.00 | 53:19 | 2:39 | 2 | 0:40 | 6 | 10:07 | 20.20 | 59:34 | 2:56 | 2 | 1:32 | 6 | 12:27 |
| Lauf | 5.00 | 32:52 | 6:34 | 3 | 9:03 | 10 | 12:21 | 25.20 | 1:32:26 | 3:40 | 2 | 10:35 | 6 | 24:48 |