



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

RING, Dunja

Club: Tri-Cops Warstein

Number: 142

Course: 25.50 km

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

Category:

Seniorinnen 2 (45-49 Jahre)

Total time: 1:35:36

Speed: 15.69 km/h

Running performance: 3:45 min/km

Rank in course/Total: 111 (of 157)

Rank in course/Women: 24 (of 42)

Best time in course: 1:12:08

Rank in category: 3(of 6)

Best time in the category: 1:27:38

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		Total	
								km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Schwimmen	0.50	13:11	26:22	5	2:39	38	5:05	0.50	13:11	26:22	5	2:39	38	5:05	
Rad	20.00	56:50	2:50	3	6:52	27	14:39	20.50	1:10:01	3:24	4	9:31	31	19:44	
Lauf	5.00	25:35	5:06	2	0:25	17	4:19	25.50	1:35:36	3:44	3	7:58	24	23:28	