



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

BODE, Johanna

Club: Wasser und Freizeit Münster
Number: 270

Course: 25.50 km
Volksdistanz (0,50-20,00-5,00)

Category:
weibliche Jugend A (16+17 Jahre)

Total time: 1:36:21

Speed: 15.57 km/h
Running performance: 3:47 min/km

Rank in course/Total: 114 (of 157)

Rank in course/Women: 26 (of 42)

Best time in course: 1:12:08

Rank in category: 3(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	11:12	22:23	2	0:29	23	3:06	0.50	11:12	22:23	2	0:29	23	3:06
Rad	20.00	54:43	2:44	3	3:09	22	12:32	20.50	1:05:55	3:12	3	3:38	23	15:38
Lauf	5.00	30:26	6:05	3	7:22	32	9:10	25.50	1:36:21	3:46	3	7:48	26	24:13