



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

HASENCLEVER, Heike

Club: PV-Triathlon Witten

Number: 126

Course: 25.50 km

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

Category:

Seniorinnen 5 (60-64 Jahre)

Total time: 1:38:03

Speed: 15.30 km/h

Running performance: 3:51 min/km

Rank in course/Total: 119 (of 157)

Rank in course/Women: 28 (of 42)

Best time in course: 1:12:08

Rank in category: 1(of 1)

Best time in the category: 1:38:03

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	11:21	22:41	1	-	27	3:15	0.50	11:21	22:41	1	-	27	3:15
Rad	20.00	56:47	2:50	1	-	26	14:36	20.50	1:08:08	3:19	1	-	25	17:51
Lauf	5.00	29:55	5:59	1	-	29	8:39	25.50	1:38:03	3:50	1	-	28	25:55