



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

BRÄGAS, Sarah

Club: Team PGB

Number: 314

Course: 25.20 km

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

Category:

AK4 weiblich (35-39 Jahre)

Total time: 1:36:24

Speed: 15.56 km/h

Running performance: 3:50 min/km

Rank in course/Total: 17 (of 19)

Rank in course/Women: 8 (of 10)

Best time in course: 1:07:38

Rank in category: 3(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	5:30	27:30	2	0:07	6	1:47	0.20	5:30	27:30	2	0:07	6	1:47
Rad	20.00	59:34	2:58	3	6:55	8	16:22	20.20	1:05:04	3:13	3	7:02	7	17:57
Lauf	5.00	31:20	6:15	2	7:31	8	10:49	25.20	1:36:24	3:49	3	14:33	8	28:46