



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

GELLHAUS, Anja

Club: PV Witten

Number: 318

Course: 25.20 km

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

Category:

Seniorinnen 3 (50-54 Jahre)

Total time: 1:36:24

Speed: 15.68 km/h

Running performance: 3:50 min/km

Rank in course/Total: 18 (of 19)

Rank in course/Women: 8 (of 10)

Best time in course: 1:07:38

Rank in category: 2(of 2)

Best time in the category: 1:34:05

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	6:12	31:00	2	0:29	8	2:29	0.20	6:12	31:00	2	0:29	8	2:29
Rad	20.00	58:55	2:56	1	-	7	15:43	20.20	1:05:07	3:13	1	-	8	18:00
Lauf	5.00	31:17	6:15	2	2:57	7	10:46	25.20	1:36:24	3:49	2	2:19	8	28:46