



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

KRAFT, Mia

Club: LG Warstein-Rüthen

Number: 13

Course: 6.22 km

Schüler- und Jugendtriathlon (0,2-5,00-1,00)

Category:

weibliche Schüler A (12+13 Jahre)

Total time: 27:32

Speed: 13.08 km/h

Running performance: 4:26 min/km

Rank in course/Total: 18 (of 28)

Rank in course/Women: 7 (of 10)

Best time in course: 22:58

Rank in category: 2(of 2)

Best time in the category: 24:50

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	5:43	28:34	2	0:41	8	2:08	0.20	5:43	28:34	2	0:41	8	2:08
Wechsel S -> R	0.01	2:14	223:20	2	0:17	5	0:28	0.21	7:57	37:51	2	0:58	8	2:12
Rad netto	5.00	0:04	0:00	1	-	2	0:01	5.21	8:01	1:32	1	-	3	0:29
Rad	0.01	14:02	1403:19	2	12:45	8	12:45	5.22	22:03	4:13	2	1:37	7	3:31
Lauf	1.00	5:29	5:29	2	1:05	8	1:09	6.22	27:32	4:25	2	2:42	7	4:34