



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

OTTO, Melanie

Club: RSV Osthelden

Number: 244

Course: 25.50 km

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

Category:

Seniorinnen 2 (45-49 Jahre)

Total time: 1:40:23

Speed: 14.94 km/h

Running performance: 3:56 min/km

Rank in course/Total: 127 (of 157)

Rank in course/Women: 31 (of 42)

Best time in course: 1:12:08

Rank in category: 4(of 6)

Best time in the category: 1:27:38

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	11:27	22:53	4	0:55	28	3:21	0.50	11:27	22:53	4	0:55	28	3:21
Rad	20.00	56:53	2:50	4	6:55	28	14:42	20.50	1:08:20	3:19	3	7:50	26	18:03
Lauf	5.00	32:03	6:24	6	6:53	36	10:47	25.50	1:40:23	3:56	4	12:45	31	28:15