



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

AMMANN, Nicole

Club: TriFUN Kleve e.V

Number: 118

Course: 25.50 km

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

Category:

Seniorinnen 2 (45-49 Jahre)

Total time: 1:41:49

Speed: 14.73 km/h

Running performance: 3:59 min/km

Rank in course/Total: 130 (of 157)

Rank in course/Women: 33 (of 42)

Best time in course: 1:12:08

Rank in category: 5(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	13:17	26:33	6	2:45	39	5:11	0.50	13:17	26:33	6	2:45	39	5:11
Rad	20.00	57:47	2:53	5	7:49	30	15:36	20.50	1:11:04	3:27	5	10:34	32	20:47
Lauf	5.00	30:45	6:09	4	5:35	34	9:29	25.50	1:41:49	3:59	5	14:11	33	29:41