



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

GABERLE, Alexandra

Club: vereinslos

Number: 131

Course: 25.50 km

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

Category:

Seniorinnen 1 (40-44 Jahre)

Total time: 1:42:38

Speed: 14.62 km/h

Running performance: 4:01 min/km

Rank in course/Total: 133 (of 157)

Rank in course/Women: 35 (of 42)

Best time in course: 1:12:08

Rank in category: 6(of 7)

Best time in the category: 1:24:45

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Schwimmen	0.50	12:15	24:30	5	2:05	30	4:09	0.50	12:15	24:30	5	2:05	30	4:09
Rad	20.00	59:52	2:59	5	10:07	35	17:41	20.50	1:12:07	3:31	5	12:12	36	21:50
Lauf	5.00	30:31	6:06	6	8:57	33	9:15	25.50	1:42:38	4:01	6	17:53	35	30:30