



# 10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

## Detailed evaluation

**RIEGERT, Brigitte**

Club: Gesundheitswerkstatt

Number: 158

Course: 25.50 km

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

Category:

Seniorinnen 2 (45-49 Jahre)

Total time: 1:43:02

Speed: 14.56 km/h

Running performance: 4:02 min/km

Rank in course/Total: 135 (of 157)

Rank in course/Women: 37 (of 42)

Best time in course: 1:12:08

Rank in category: 6(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	10:38	21:15	2	0:06	13	2:32	0.50	10:38	21:15	2	0:06	13	2:32
Rad	20.00	1:01:21	3:04	6	11:23	40	19:10	20.50	1:11:59	3:30	6	11:29	35	21:42
Lauf	5.00	31:03	6:12	5	5:53	35	9:47	25.50	1:43:02	4:02	6	15:24	37	30:54