



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

PAGON, Ulrike

Club: TV Attendorn TRI-TIME

Number: 216

Course: 25.50 km

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

Category:

Seniorinnen 3 (50-54 Jahre)

Total time: 1:41:27

Speed: 14.79 km/h

Running performance: 3:59 min/km

Rank in course/Total: 129 (of 157)

Rank in course/Women: 32 (of 42)

Best time in course: 1:12:08

Rank in category: 5(of 6)

Best time in the category: 1:18:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women	
								km	Time	min/km	Pos	Behind	Pos					Behind
Schwimmen	0.50	10:49	21:37	4	1:15	17	2:43	0.50	10:49	21:37	4	1:15	17	2:43				
Rad	20.00	58:32	2:55	6	15:20	32	16:21	20.50	1:09:21	3:22	6	15:27	29	19:04				
Lauf	5.00	32:06	6:25	5	10:02	37	10:50	25.50	1:41:27	3:58	5	22:54	32	29:19				