



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

STICHLING, Kirsten

Club: vereinslos

Number: 114

Course: 25.50 km

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

Category:

Seniorinnen 1 (40-44 Jahre)

Total time: 1:49:35

Speed: 13.69 km/h

Running performance: 4:18 min/km

Rank in course/Total: 146 (of 157)

Rank in course/Women: 40 (of 42)

Best time in course: 1:12:08

Rank in category: 7(of 7)

Best time in the category: 1:24:45

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				
Schwimmen	0.50	13:00	26:00	7	2:50	37	4:54	0.50	13:00	26:00	7	2:50	37	4:54			
Rad	20.00	1:01:15	3:03	7	11:30	39	19:04	20.50	1:14:15	3:37	7	14:20	40	23:58			
Lauf	5.00	35:20	7:04	7	13:46	40	14:04	25.50	1:49:35	4:17	7	24:50	40	37:27			