



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

KNOSPE, Janin

Club: ASC Ahlen

Number: 454

Course: 55.50 km

Olympische Distanz (1,50-44,00-10,00)

Category:

AK4 weiblich (35-39 Jahre)

Total time: 2:50:38

Speed: 19.34 km/h

Running performance: 3:04 min/km

Rank in course/Total: 30 (of 84)

Rank in course/Women: 3 (of 15)

Best time in course: 2:36:33

Rank in category: 2(of 4)

Best time in the category: 2:44:37

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	1.50	28:31	19:00	2	1:09	6	1:46	1.50	28:31	19:00	2	1:09	6	1:46
Rad	44.00	1:34:21	2:08	2	2:21	4	6:04	45.50	2:02:52	2:42	2	3:30	4	7:10
Lauf	10.00	47:46	4:46	3	2:31	5	6:55	55.50	2:50:38	3:04	2	6:01	3	14:05