



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

BUSCHKÜHL, Amelie

Club: LG Warstein-Rüthen

Number: 11

Course: 6.22 km

Schüler- und Jugendtriathlon (0,2-5,00-1,00)

Category:

weibliche Schüler B (10+11 Jahre)

Total time: 30:54

Speed: 11.65 km/h

Running performance: 4:58 min/km

Rank in course/Total: 24 (of 28)

Rank in course/Women: 9 (of 10)

Best time in course: 22:58

Rank in category: 3(of 4)

Best time in the category: 25:42

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	0.20	7:40	38:20	3	3:29	9	4:05	0.20	7:40	38:20	3	3:29	9	4:05
Wechsel S -> R	0.01	2:44	273:19	3	0:58	8	0:58	0.21	10:24	49:31	3	4:21	9	4:39
Rad netto	5.00	14:08	2:49	3	0:38	8	14:05	5.21	24:32	4:42	3	4:40	9	17:00
Rad	0.01	1:42	170:00	3	0:22	6	0:25	5.22	26:14	5:01	3	4:55	9	7:42
Lauf	1.00	4:40	4:40	3	0:20	6	0:20	6.22	30:54	4:58	3	5:12	9	7:56