



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

BESSMANN- WERNKE, Kirsten

Club: Tri-As Hamm

Number: 484

Course: 55.50 km

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

Category:

Seniorinnen 3 (50-54 Jahre)

Total time: 2:55:09

Speed: 18.84 km/h

Running performance: 3:10 min/km

Rank in course/Total: 38 (of 84)

Rank in course/Women: 4 (of 15)

Best time in course: 2:36:33

Rank in category: 1(of 2)

Best time in the category: 2:55:09

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	26:47	17:51	1	-	2	0:02	1.50	26:47	17:51	1	-	2	0:02
Rad	44.00	1:33:14	2:07	1	-	3	4:57	45.50	2:00:01	2:38	1	-	3	4:19
Lauf	10.00	55:08	5:30	1	-	9	14:17	55.50	2:55:09	3:09	1	-	4	18:36