



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

SAßMANNSHAUSEN, Jana

Club: Team TVE Netphen

Number: 424

Course: 55.50 km

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

Category:

AK1 weiblich (20-24 Jahre)

Total time: 2:58:57

Speed: 18.61 km/h

Running performance: 3:13 min/km

Rank in course/Total: 46 (of 84)

Rank in course/Women: 7 (of 15)

Best time in course: 2:36:33

Rank in category: 1(of 1)

Best time in the category: 2:58:57

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	29:39	19:45	1	-	7	2:54	1.50	29:39	19:45	1	-	7	2:54
Rad	44.00	1:40:28	2:16	1	-	7	12:11	45.50	2:10:07	2:51	1	-	6	14:25
Lauf	10.00	48:50	4:53	1	-	7	7:59	55.50	2:58:57	3:13	1	-	7	22:24