



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

ARNDT, Tine

Club: team erdinger alkoholfrei

Number: 421

Course: 55.50 km

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

Category:

AK4 weiblich (35-39 Jahre)

Total time: 3:03:21

Speed: 18.00 km/h

Running performance: 3:18 min/km

Rank in course/Total: 52 (of 84)

Rank in course/Women: 8 (of 15)

Best time in course: 2:36:33

Rank in category: 3(of 4)

Best time in the category: 2:44:37

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Schwimmen	1.50	32:06	21:24	4	4:44	10	5:21	1.50	32:06	21:24	4	4:44	10	5:21
Rad	44.00	1:43:58	2:21	3	11:58	9	15:41	45.50	2:16:04	2:59	3	16:42	10	20:22
Lauf	10.00	47:17	4:43	2	2:02	4	6:26	55.50	3:03:21	3:18	3	18:44	8	26:48