



# 10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

## Detailed evaluation

**KRAUS, Gudrun**

Club: ASC Ahlen

Number: 455

Course: 55.50 km

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

Category:

Seniorinnen 4 (55-59 Jahre)

Total time: 3:03:56

Speed: 17.94 km/h

Running performance: 3:19 min/km

Rank in course/Total: 55 (of 84)

Rank in course/Women: 9 (of 15)

Best time in course: 2:36:33

Rank in category: 1(of 1)

Best time in the category: 3:03:56

### 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	32:40	21:46	1	-	12	5:55	1.50	32:40	21:46	1	-	12	5:55
Rad	44.00	1:42:09	2:19	1	-	8	13:52	45.50	2:14:49	2:57	1	-	9	19:07
Lauf	10.00	49:07	4:54	1	-	8	8:16	55.50	3:03:56	3:18	1	-	9	27:23