



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

RAMME, Katharina

Club: Universität Paderborn

Number: 471

Course: 55.50 km

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

Category:

AK3 weiblich (30-34 Jahre)

Total time: 3:19:43

Speed: 16.52 km/h

Running performance: 3:36 min/km

Rank in course/Total: 70 (of 84)

Rank in course/Women: 12 (of 15)

Best time in course: 2:36:33

Rank in category: 1(of 1)

Best time in the category: 3:19:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women	
								km	Time	min/km	Pos	Behind	Pos					Behind
Schwimmen	1.50	33:17	22:11	1	-	13	6:32	1.50	33:17	22:11	1	-	13	6:32				
Rad	44.00	1:46:02	2:24	1	-	11	17:45	45.50	2:19:19	3:03	1	-	12	23:37				
Lauf	10.00	1:00:24	6:02	1	-	12	19:33	55.50	3:19:43	3:35	1	-	12	43:10				