



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

WENDLANDT, Ilka

Club: RTC Frechen

Number: 492

Course: 55.50 km

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

Category:

Seniorinnen 1 (40-44 Jahre)

Total time: 3:34:23

Speed: 15.53 km/h

Running performance: 3:52 min/km

Rank in course/Total: 78 (of 84)

Rank in course/Women: 13 (of 15)

Best time in course: 2:36:33

Rank in category: 1(of 1)

Best time in the category: 3:34:23

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	36:39	24:26	1	-	15	9:54	1.50	36:39	24:26	1	-	15	9:54
Rad	44.00	1:56:36	2:38	1	-	13	28:19	45.50	2:33:15	3:22	1	-	14	37:33
Lauf	10.00	1:01:08	6:06	1	-	13	20:17	55.50	3:34:23	3:51	1	-	13	57:50