



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

WOLKE, Annegret

Club: LTV Lippstadt Triathlon

Number: 439

Course: 55.50 km

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

Category:

Seniorinnen 3 (50-54 Jahre)

Total time: 3:39:12

Speed: 15.05 km/h

Running performance: 3:57 min/km

Rank in course/Total: 81 (of 84)

Rank in course/Women: 15 (of 15)

Best time in course: 2:36:33

Rank in category: 2(of 2)

Best time in the category: 2:55:09

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	36:25	24:16	2	9:38	14	9:40	1.50	36:25	24:16	2	9:38	14	9:40
Rad	44.00	2:01:08	2:45	2	27:54	14	32:51	45.50	2:37:33	3:27	2	37:32	15	41:51
Lauf	10.00	1:01:39	6:09	2	6:31	14	20:48	55.50	3:39:12	3:56	2	44:03	15	1:02:39