



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

BELKE, Lara

Club: SSF Bonn

Number: 311

Course: 25.20 km

Sprintdistanz (0,2,- 20,00,- 5,00)

Category:

AK2 weiblich (25-29 Jahre)

Total time: 1:07:38

Speed: 22.18 km/h

Running performance: 2:41 min/km

Rank in course/Total: 2 (of 19)

Rank in course/Women: 1 (of 10)

Best time in course: 1:07:38

Rank in category: 1(of 2)

Best time in the category: 1:07:38

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total km | Total Time | Total min/km | Total ranking | | | |
|-----------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------------|---------------|-----------------|---------------|----------------|--------------|-----------------|
| | | | | | | Pos Women | Behind Women | | | | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Schwimmen | 0.20 | 3:43 | 18:34 | 1 | - | 1 | - | 0.20 | 3:43 | 18:34 | 1 | - | 1 | - |
| Rad | 20.00 | 43:24 | 2:10 | 1 | - | 2 | 0:12 | 20.20 | 47:07 | 2:19 | 1 | - | 1 | - |
| Lauf | 5.00 | 20:31 | 4:06 | 1 | - | 1 | - | 25.20 | 1:07:38 | 2:41 | 1 | - | 1 | - |