



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: 22.36 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	-