



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

QUAST, Kathrin

Club: Dlc Aachen

Number: 287

Course: 25.50 km

Volksdistanz (0,50-20,00-5,00)

Category:

AK2 weiblich (25-29 Jahre)

Total time: 1:12:08

Speed: 20.79 km/h

Running performance: 2:50 min/km

Rank in course/Total: 12 (of 157)

Rank in course/Women: 1 (of 42)

Best time in course: 1:12:08

Rank in category: 1(of 3)

Best time in the category: 1:12:08

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	0.50	8:06	16:11	1	-	1	-	0.50	8:06	16:11	1	-	1	-
Rad	20.00	42:11	2:06	1	-	1	-	20.50	50:17	2:27	1	-	1	-
Lauf	5.00	21:51	4:22	1	-	3	0:35	25.50	1:12:08	2:49	1	-	1	-