



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

FRIGGE, Chiara

Club: Team Burn Baby

Number: 24

Course: 6.22 km

Schüler- und Jugendtriathlon (0,2-5,00-1,00)

Category:

weibliche Jugend B (14+15 Jahre)

Total time: 24:02

Speed: 14.98 km/h

Running performance: 3:52 min/km

Rank in course/Total: 7 (of 28)

Rank in course/Women: 2 (of 10)

Best time in course: 22:58

Rank in category: 2(of 4)

Best time in the category: 22:58

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	0.20	5:16	26:19	4	1:41	7	1:41	0.20	5:16	26:19	4	1:41	7	1:41
Wechsel S -> R	0.01	2:16	226:39	2	0:06	6	0:30	0.21	7:32	35:52	3	1:47	6	1:47
Rad netto	5.00	-	-	4		9		5.21	7:32	1:26	1	-	1	-
Rad	0.01	11:54	1190:00	3	10:24	7	10:37	5.22	19:26	3:43	2	0:54	2	0:54
Lauf	1.00	4:36	4:35	2	0:10	5	0:16	6.22	24:02	3:51	2	1:04	2	1:04