



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

CORDES, Christine

Club: TSG Lennestadt

Number: 282

Course: 25.50 km

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

Category:

AK3 weiblich (30-34 Jahre)

Total time: 1:16:34

Speed: 19.59 km/h

Running performance: 3:00 min/km

Rank in course/Total: 26 (of 157)

Rank in course/Women: 2 (of 42)

Best time in course: 1:12:08

Rank in category: 1(of 7)

Best time in the category: 1:16:34

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	0.50	10:55	21:49	3	1:26	20	2:49	0.50	10:55	21:49	3	1:26	20	2:49
Rad	20.00	44:23	2:13	1	-	3	2:12	20.50	55:18	2:41	1	-	4	5:01
Lauf	5.00	21:16	4:15	1	-	1	-	25.50	1:16:34	3:00	1	-	2	4:26