



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

DUBSLAFF, Doreen

Club: PSV Brilon

Number: 188

Course: 25.50 km

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

Category:

Seniorinnen 3 (50-54 Jahre)

Total time: 1:18:33

Speed: 19.10 km/h

Running performance: 3:05 min/km

Rank in course/Total: 30 (of 157)

Rank in course/Women: 3 (of 42)

Best time in course: 1:12:08

Rank in category: 1(of 6)

Best time in the category: 1:18:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women	
								km	Time	min/km	Pos	Behind	Pos					Behind
Schwimmen	0.50	10:42	21:23	2	1:08	14	2:36	0.50	10:42	21:23	2	1:08	14	2:36				
Rad	20.00	43:12	2:09	1	-	2	1:01	20.50	53:54	2:37	1	-	2	3:37				
Lauf	5.00	24:39	4:55	2	2:35	11	3:23	25.50	1:18:33	3:04	1	-	3	6:25				