



10. ITH-Henneseer-Triathlon

Meschede / 24.06.2017

Detailed evaluation

JÄGER, Lea

Club: LG Warstein-Rüthen

Number: 16

Course: 6.22 km

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

Category:

weibliche Schüler A (12+13 Jahre)

Total time: 24:50

Speed: 14.50 km/h

Running performance: 3:59 min/km

Rank in course/Total: 9 (of 28)

Rank in course/Women: 3 (of 10)

Best time in course: 22:58

Rank in category: 1(of 2)

Best time in the category: 24:50

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	5:02	25:09	1	-	6	1:27	0.20	5:02	25:09	1	-	6	1:27
Wechsel S -> R	0.01	1:57	195:00	1	-	2	0:11	0.21	6:59	33:15	1	-	5	1:14
Rad netto	5.00	12:10	2:25	2	12:06	4	12:07	5.21	19:09	3:40	2	11:08	5	11:37
Rad	0.01	1:17	128:20	1	-	1	-	5.22	20:26	3:54	1	-	3	1:54
Lauf	1.00	4:24	4:24	1	-	3	0:04	6.22	24:50	3:59	1	-	3	1:52