



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

FLÖTER, Anja

Club: TV Flerke Tri Team

Number: 208

Course: 25.50 km

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

Category:

Seniorinnen 3 (50-54 Jahre)

Total time: 1:19:44

Speed: 18.81 km/h

Running performance: 3:08 min/km

Rank in course/Total: 40 (of 157)

Rank in course/Women: 7 (of 42)

Best time in course: 1:12:08

Rank in category: 3(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 | 9:34 | 19:07 | 1 | - | 5 | 1:28 | 0.50 | 9:34 | 19:07 | 1 | - | 5 | 1:28 | | | | |
| Rad | 20.00 | 45:22 | 2:16 | 2 | 2:10 | 5 | 3:11 | 20.50 | 54:56 | 2:40 | 2 | 1:02 | 3 | 4:39 | | | | |
| Lauf | 5.00 | 24:48 | 4:57 | 3 | 2:44 | 13 | 3:32 | 25.50 | 1:19:44 | 3:07 | 3 | 1:11 | 7 | 7:36 | | | | |