



# 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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
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