



# 10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

## Detailed evaluation

**KRAUSE, Anja**

Club: tritus neptun

Number: 313

Course: 25.20 km

Sprintdistanz (0,2,- 20,00,- 5,00)

Category:

AK3 weiblich (30-34 Jahre)

Total time: 1:19:41

Speed: 18.82 km/h

Running performance: 3:10 min/km

Rank in course/Total: 10 (of 19)

Rank in course/Women: 4 (of 10)

Best time in course: 1:07:38

Rank in category: 1(of 1)

Best time in the category: 1:19:41

### 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	4:36	22:59	1	-	2	0:53	0.20	4:36	22:59	1	-	2	0:53
Rad	20.00	49:54	2:29	1	-	4	6:42	20.20	54:30	2:41	1	-	4	7:23
Lauf	5.00	25:11	5:02	1	-	5	4:40	25.20	1:19:41	3:09	1	-	4	12:03