



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

Detailed evaluation

SCHNEIDER, Irina

Club: Privatsportschule Jezow

Number: 315

Course: 25.20 km

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

Category:

AK4 weiblich (35-39 Jahre)

Total time: 1:21:51

Speed: 18.33 km/h

Running performance: 3:15 min/km

Rank in course/Total: 12 (of 19)

Rank in course/Women: 5 (of 10)

Best time in course: 1:07:38

Rank in category: 1(of 3)

Best time in the category: 1:21:51

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	5:23	26:55	1	-	4	1:40	0.20	5:23	26:55	1	-	4	1:40
Rad	20.00	52:39	2:37	1	-	5	9:27	20.20	58:02	2:52	1	-	5	10:55
Lauf	5.00	23:49	4:45	1	-	4	3:18	25.20	1:21:51	3:14	1	-	5	14:13