



## 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

### Detailed evaluation

Bienstein, Heike

Total time: 1:28:58

Club: LC Rehlingen

Number: 227

Course: 25.70 km

Rank in course/Total: 65 (of 116)

Volksdistanz (0,70-20,00-5,00)

Rank in course/Women: 5 (of 24)

Best time in course: 1:15:12

Category:

Rank in category: 3(of 8)

AK2 weiblich (25-29 Jahre)

Best time in the category: 1:15:12

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| Schwimmen       | 0.70        | 16:35         | 23:41           | 3           | 2:31           | 10           | 2:46            | 0.70        | 16:35         | 23:41           | 3           | 2:31           | 21           |                 |
| Schwimmen Net   | 0.70        | 16:35         | 23:41           | 3           | 2:31           | 21           |                 | 0.70        | 16:35         | 23:41           | 3           | 2:31           | 21           |                 |
| Wechsel Schwim  | 0.05        | 2:31          | 50:19           | 3           | 0:32           | 10           | 0:50            | 0.75        | 19:06         | 25:28           | 3           | 3:03           | 21           |                 |
| Schwimmen Tot   | 0.75        | 19:06         | 25:28           | 3           | 3:03           | 21           |                 | 0.75        | 19:06         | 25:28           | 3           | 3:03           | 21           |                 |
| ZZ Rad          | 10.00       | 24:25         | 2:26            | 3           | 4:51           | 6            | 4:51            | 10.75       | 43:31         | 4:02            | 2           | 7:54           | 3            | 7:54            |
| Rad Ende        | 10.00       | 21:48         | 2:10            | 2           | 3:43           | 4            | 3:43            | 20.75       | 1:05:19       | 3:08            | 3           | 11:37          | 21           |                 |
| Wechsel Rad-Lau | 0.05        | 1:40          | 33:20           | 3           | 0:29           | 10           | 0:41            | 20.80       | 1:06:59       | 3:13            | 3           | 12:05          | 21           |                 |
| Rad Total       | 20.05       | 47:53         | 2:23            | 6           | 9:02           | 10           | 9:02            | 20.80       | 1:06:59       | 3:13            | 3           | 12:05          | 21           |                 |
| ZZ Lauf         | 2.50        | 10:37         | 4:14            | 2           | 0:48           | 3            | 0:48            | 23.30       | 1:17:36       | 3:19            | 3           | 12:53          | 21           |                 |
| Lauf            | 2.50        | 11:22         | 4:32            | 2           | 0:53           | 3            | 0:53            | 25.70       | 1:28:58       | 3:27            | 3           | 13:46          | 5            | 13:46           |