



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Höhne, Jenny

Total time: 1:32:10

Club: Tritus SV Neptun Neheim-Hüsten

Number: 134

Course: 25.70 km

Rank in course/Total: 75 (of 116)

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

Rank in course/Women: 8 (of 24)

Best time in course: 1:15:12

Category:

Rank in category: 4(of 8)

AK2 weiblich (25-29 Jahre)

Best time in the category: 1:15:12

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	0.70	15:46	22:31	2	1:42	7	1:57	0.70	15:46	22:31	4	1:42	18	
Schwimmen Net	0.70	15:46	22:31	4	1:42	18		0.70	15:46	22:31	4	1:42	18	
Wechsel Schwim	0.05	2:00	40:00	2	0:01	6	0:19	0.75	17:46	23:41	4	1:43	18	
Schwimmen Total	0.75	17:46	23:41	4	1:43	18		0.75	17:46	23:41	4	1:43	18	
ZZ Rad	10.00	24:32	2:27	4	4:58	7	4:58	10.75	42:18	3:56	3	6:41	6	6:41
Rad Ende	10.00	22:00	2:12	3	3:55	5	3:55	20.75	1:04:18	3:05	4	10:36	18	
Wechsel Rad-Lau	0.05	1:11	23:39	1	-	2	0:12	20.80	1:05:29	3:08	4	10:35	18	
Rad Total	20.05	47:43	2:22	3	8:52	7	8:52	20.80	1:05:29	3:08	4	10:35	18	
ZZ Lauf	2.50	13:20	5:20	5	3:31	11	3:31	23.30	1:18:49	3:22	4	14:06	18	
Lauf	2.50	13:21	5:20	5	2:52	8	2:52	25.70	1:32:10	3:35	4	16:58	8	16:58