



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Ehlert, Katrin

Total time: 1:35:02

Club: Schwimmverein 1899 München

Number: 105

Course: 25.70 km

Rank in course/Total: 81 (of 116)

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

Rank in course/Women: 10 (of 24)

Best time in course: 1:15:12

Category:

Rank in category: 1(of 2)

AK4 weiblich (35-39 Jahre)

Best time in the category: 1:35:02

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	14:45	21:04	1	-	6	0:56	0.70	14:45	21:04	1	-	16	
Schwimmen Net	0.70	14:45	21:04	1	-	16		0.70	14:45	21:04	1	-	16	
Wechsel Schwim	0.05	2:42	54:00	2	0:51	13	1:01	0.75	17:27	23:15	1	-	16	
Schwimmen Total	0.75	17:27	23:15	1	-	16		0.75	17:27	23:15	1	-	16	
ZZ Rad	10.00	fehlt!	-	-	-	-	-	10.75	-	-	-	-	-	-
Rad Ende	10.00	45:15	4:31	1	-	19	27:10	20.75	1:02:42	3:01	1	-	16	
Wechsel Rad-Lau	0.05	1:41	33:39	2	0:21	11	0:42	20.80	1:04:23	3:05	1	-	16	
Rad Total	20.05	46:56	2:20	1	-	6	8:05	20.80	1:04:23	3:05	1	-	16	
ZZ Lauf	2.50	14:41	5:52	2	1:31	17	4:52	23.30	1:19:04	3:23	1	-	16	
Lauf	2.50	15:58	6:23	2	1:51	19	5:29	25.70	1:35:02	3:41	1	-	10	19:50