



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

## Detailed evaluation

Hörauf, Katrin

Total time: 1:36:59

Club: Lippetal

Number: 178

Course: 25.70 km

Rank in course/Total: 86 (of 116)

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

Rank in course/Women: 12 (of 24)

Best time in course: 1:15:12

Category:

Rank in category: 5(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	21:25	30:35	8	7:21	22	7:36	0.70	21:25	30:35	5	7:21	15	4:31
Schwimmen Net	0.70	21:25	30:35	5	7:21	15	4:31	0.70	21:25	30:35	5	7:21	15	4:31
Wechsel Schwim	0.05	3:24	68:00	8	1:25	21	1:43	0.75	24:49	33:05	5	8:46	15	5:26
Schwimmen Total	0.75	24:49	33:05	5	8:46	15	5:26	0.75	24:49	33:05	5	8:46	15	5:26
ZZ Rad	10.00	fehlt!	-	-	-	-	-	10.75	-	-	-	-	-	-
Rad Ende	10.00	45:35	4:33	7	27:30	20	27:30	20.75	1:10:24	3:23	5	16:42	15	0:43
Wechsel Rad-Lau	0.05	2:09	42:59	7	0:58	22	1:10	20.80	1:12:33	3:29	5	17:39	15	1:09
Rad Total	20.05	47:44	2:22	5	8:53	9	8:53	20.80	1:12:33	3:29	5	17:39	15	1:09
ZZ Lauf	2.50	11:44	4:41	4	1:55	5	1:55	23.30	1:24:17	3:37	5	19:34	15	
Lauf	2.50	12:42	5:04	4	2:13	7	2:13	25.70	1:36:59	3:46	5	21:47	12	21:47