



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

## Detailed evaluation

**Pagon, Ulrike**

**Total time: 1:36:53**

Club: TV Attendorn TRI-TIME

Number: 138

Course: 25.70 km

Rank in course/Total: 85 (of 116)

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

Rank in course/Women: 11 (of 24)

Best time in course: 1:15:12

Category:

Rank in category: 1(of 5)

Seniorinnen 2 (45-49 Jahre)

Best time in the category: 1:36:53

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	15:50	22:37	1	-	8	2:01	0.70	15:50	22:37	1	-	14	
Schwimmen Net	0.70	15:50	22:37	1	-	14		0.70	15:50	22:37	1	-	14	
Wechsel Schwim	0.05	2:41	53:39	3	0:18	12	1:00	0.75	18:31	24:41	1	-	14	
Schwimmen Total	0.75	18:31	24:41	1	-	14		0.75	18:31	24:41	1	-	14	
ZZ Rad	10.00	25:44	2:34	1	-	8	6:10	10.75	44:15	4:06	1	-	8	8:38
Rad Ende	10.00	23:26	2:20	1	-	9	5:21	20.75	1:07:41	3:15	1	-	14	
Wechsel Rad-Lau	0.05	1:44	34:39	2	0:01	13	0:45	20.80	1:09:25	3:20	1	-	14	
Rad Total	20.05	50:54	2:32	1	-	14	12:03	20.80	1:09:25	3:20	1	-	14	
ZZ Lauf	2.50	13:42	5:28	2	0:04	13	3:53	23.30	1:23:07	3:34	1	-	14	
Lauf	2.50	13:46	5:30	1	-	10	3:17	25.70	1:36:53	3:46	1	-	11	21:41