



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

## Detailed evaluation

**Krause, Silke**

**Total time: 1:42:36**

Club: Marathon-Club Menden

Number: 210

Course: 25.70 km

Rank in course/Total: 102 (of 116)

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

Rank in course/Women: 16 (of 24)

Best time in course: 1:15:12

Category:

Rank in category: 3(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	16:58	24:14	4	1:08	12	3:09	0.70	16:58	24:14	3	1:08	10	0:04
Schwimmen Net	0.70	16:58	24:14	3	1:08	10	0:04	0.70	16:58	24:14	3	1:08	10	0:04
Wechsel Schwim	0.05	2:23	47:39	1	-	8	0:42	0.75	19:21	25:48	3	0:50	10	
Schwimmen Total	0.75	19:21	25:48	3	0:50	10		0.75	19:21	25:48	3	0:50	10	
ZZ Rad	10.00	26:37	2:39	2	0:53	11	7:03	10.75	45:58	4:16	2	1:43	10	10:21
Rad Ende	10.00	24:01	2:24	2	0:35	12	5:56	20.75	1:09:59	3:22	3	2:18	10	0:18
Wechsel Rad-Lau	0.05	2:03	40:59	4	0:20	20	1:04	20.80	1:12:02	3:27	3	2:37	10	0:38
Rad Total	20.05	52:41	2:37	4	1:47	19	13:50	20.80	1:12:02	3:27	3	2:37	10	0:38
ZZ Lauf	2.50	14:43	5:53	4	1:05	18	4:54	23.30	1:26:45	3:43	3	3:38	10	1:43
Lauf	2.50	15:51	6:20	5	2:05	18	5:22	25.70	1:42:36	3:59	3	5:43	16	27:24