



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Vordenbäumen, Tina

Club: SV Blau-Weiß Bochum

Number: 181

Course: 25.70 km

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

Category:

AK3 weiblich (30-34 Jahre)

Total time: 1:44:20

Rank in course/Total: 106 (of 116)

Rank in course/Women: 17 (of 24)

Best time in course: 1:15:12

Rank in category: 4(of 4)

Best time in the category: 1:16:27

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	18:41	26:41	4	4:52	16	4:52	0.70	18:41	26:41	4	4:52	9	1:47
Schwimmen Net	0.70	18:41	26:41	4	4:52	9	1:47	0.70	18:41	26:41	4	4:52	9	1:47
Wechsel Schwim	0.05	3:06	62:00	4	1:25	19	1:25	0.75	21:47	29:02	4	6:17	9	2:24
Schwimmen Tot	0.75	21:47	29:02	4	6:17	9	2:24	0.75	21:47	29:02	4	6:17	9	2:24
ZZ Rad	10.00	26:59	2:41	3	5:00	12	7:25	10.75	48:46	4:32	3	10:56	11	13:09
Rad Ende	10.00	24:13	2:25	3	4:25	13	6:08	20.75	1:12:59	3:31	4	19:19	9	3:18
Wechsel Rad-Lau	0.05	1:35	31:39	4	0:36	9	0:36	20.80	1:14:34	3:35	4	19:40	9	3:10
Rad Total	20.05	52:47	2:37	4	13:23	20	13:56	20.80	1:14:34	3:35	4	19:40	9	3:10
ZZ Lauf	2.50	14:45	5:54	4	4:15	19	4:56	23.30	1:29:19	3:49	4	23:55	9	4:17
Lauf	2.50	15:01	6:00	4	3:58	14	4:32	25.70	1:44:20	4:03	4	27:53	17	29:08