



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Parsow, Sabine

Total time: 1:45:57

Club: Mettmann Sport e. V. Triandertaler
Number: 141

Course: 25.70 km
Volksdistanz (0,70-20,00-5,00)

Rank in course/Total: 108 (of 116)

Rank in course/Women: 19 (of 24)

Best time in course: 1:15:12

Category:

Rank in category: 5(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	16:11	23:07	2	0:21	9	2:22	0.70	16:11	23:07	4	0:21	8	
Schwimmen Net	0.70	16:11	23:07	4	0:21	8		0.70	16:11	23:07	4	0:21	8	
Wechsel Schwim	0.05	3:03	60:59	4	0:40	18	1:22	0.75	19:14	25:38	4	0:43	8	
Schwimmen Total	0.75	19:14	25:38	4	0:43	8		0.75	19:14	25:38	4	0:43	8	
ZZ Rad	10.00	28:46	2:52	3	3:02	15	9:12	10.75	48:00	4:27	3	3:45	12	12:23
Rad Ende	10.00	25:36	2:33	3	2:10	14	7:31	20.75	1:13:36	3:32	4	5:55	8	3:55
Wechsel Rad-Lau	0.05	2:06	42:00	5	0:23	21	1:07	20.80	1:15:42	3:38	4	6:17	8	4:18
Rad Total	20.05	56:28	2:48	5	5:34	23	17:37	20.80	1:15:42	3:38	4	6:17	8	4:18
ZZ Lauf	2.50	14:35	5:50	3	0:57	14	4:46	23.30	1:30:17	3:52	4	7:10	8	5:15
Lauf	2.50	15:40	6:15	3	1:54	16	5:11	25.70	1:45:57	4:07	5	9:04	19	30:45