



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Herr, Sandy

Club: BSG BML Bonn

Number: 207

Course: 25.70 km

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

Category:

Seniorinnen 1 (40-44 Jahre)

Total time: 1:45:57

Rank in course/Total: 109 (of 116)

Rank in course/Women: 19 (of 24)

Best time in course: 1:15:12

Rank in category: 2(of 3)

Best time in the category: 1:29:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.70	18:55	27:01	2	1:48	17	5:06	0.70	18:55	27:01	2	1:48	7	2:01
Schwimmen Net	0.70	18:55	27:01	2	1:48	7	2:01	0.70	18:55	27:01	2	1:48	7	2:01
Wechsel Schwim	0.05	3:17	65:39	2	0:33	20	1:36	0.75	22:12	29:35	2	2:21	7	2:49
Schwimmen Total	0.75	22:12	29:35	2	2:21	7	2:49	0.75	22:12	29:35	2	2:21	7	2:49
ZZ Rad	10.00	27:05	2:42	2	4:43	13	7:31	10.75	49:17	4:35	2	7:04	13	13:40
Rad Ende	10.00	23:45	2:22	2	3:17	10	5:40	20.75	1:13:02	3:31	2	10:21	7	3:21
Wechsel Rad-Lau	0.05	1:44	34:39	2	0:12	13	0:45	20.80	1:14:46	3:35	2	10:33	7	3:22
Rad Total	20.05	52:34	2:37	2	8:12	18	13:43	20.80	1:14:46	3:35	2	10:33	7	3:22
ZZ Lauf	2.50	14:40	5:51	2	2:18	16	4:51	23.30	1:29:26	3:50	2	12:51	7	4:24
Lauf	2.50	16:31	6:36	2	4:01	21	6:02	25.70	1:45:57	4:07	2	16:52	19	30:45