



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

## Detailed evaluation

**Wolke, Annegret**

**Total time: 1:45:53**

Club: LTV Lippstadt Triathlon

Number: 177

Course: 25.70 km

Rank in course/Total: 107 (of 116)

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

Rank in course/Women: 18 (of 24)

Best time in course: 1:15:12

Category:

Rank in category: 4(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	18:37	26:35	5	2:47	15	4:48	0.70	18:37	26:35	5	2:47	6	1:43
Schwimmen Net	0.70	18:37	26:35	5	2:47	6	1:43	0.70	18:37	26:35	5	2:47	6	1:43
Wechsel Schwim	0.05	3:58	79:19	5	1:35	23	2:17	0.75	22:35	30:06	5	4:04	6	3:12
Schwimmen Total	0.75	22:35	30:06	5	4:04	6	3:12	0.75	22:35	30:06	5	4:04	6	3:12
ZZ Rad	10.00	fehlt!	-	-	-	-	-	10.75	-	-	-	-	-	-
Rad Ende	10.00	50:15	5:01	4	26:49	22	32:10	20.75	1:12:50	3:30	5	5:09	6	3:09
Wechsel Rad-Lau	0.05	1:59	39:39	3	0:16	18	1:00	20.80	1:14:49	3:35	5	5:24	6	3:25
Rad Total	20.05	52:14	2:36	3	1:20	17	13:23	20.80	1:14:49	3:35	5	5:24	6	3:25
ZZ Lauf	2.50	15:17	6:06	5	1:39	21	5:28	23.30	1:30:06	3:52	5	6:59	6	5:04
Lauf	2.50	15:47	6:18	4	2:01	17	5:18	25.70	1:45:53	4:07	4	9:00	18	30:41