



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Bühner, Nina

Club: Arnsberg

Number: 100

Course: 25.70 km

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

Category:

AK2 weiblich (25-29 Jahre)

Total time: 1:50:36

Rank in course/Total: 112 (of 116)

Rank in course/Women: 22 (of 24)

Best time in course: 1:15:12

Rank in category: 8(of 8)

Best time in the category: 1:15:12

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	20:30	29:17	5	6:26	18	6:41	0.70	20:30	29:17	8	6:26	4	3:36
Schwimmen Net	0.70	20:30	29:17	8	6:26	4	3:36	0.70	20:30	29:17	8	6:26	4	3:36
Wechsel Schwim	0.05	2:59	59:39	6	1:00	16	1:18	0.75	23:29	31:18	8	7:26	4	4:06
Schwimmen Tot	0.75	23:29	31:18	8	7:26	4	4:06	0.75	23:29	31:18	8	7:26	4	4:06
ZZ Rad	10.00	26:16	2:37	5	6:42	10	6:42	10.75	49:45	4:37	5	14:08	14	14:08
Rad Ende	10.00	23:47	2:22	5	5:42	11	5:42	20.75	1:13:32	3:32	8	19:50	4	3:51
Wechsel Rad-Lau	0.05	2:00	40:00	6	0:49	19	1:01	20.80	1:15:32	3:37	8	20:38	4	4:08
Rad Total	20.05	52:03	2:35	7	13:12	16	13:12	20.80	1:15:32	3:37	8	20:38	4	4:08
ZZ Lauf	2.50	17:12	6:52	8	7:23	24	7:23	23.30	1:32:44	3:58	8	28:01	4	7:42
Lauf	2.50	17:52	7:08	8	7:23	22	7:23	25.70	1:50:36	4:18	8	35:24	22	35:24