



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Günnewig, Ines

Total time: 2:47:58

Club: LV TriStar Oelde

Number: 364

Course: 55.40 km

Rank in course/Total: 26 (of 71)

Olympische Distanz (1,40-44,00-10,00)

Rank in course/Women: 1 (of 10)

Best time in course: 2:47:58

Category:

Rank in category: 1(of 3)

AK4 weiblich (35-39 Jahre)

Best time in the category: 2:47:58

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	1.40	26:53	19:12	1	-	1	-	1.40	26:53	19:12	2	-	2	-
Schwimmen Net	1.40	26:53	19:12	2	-	2	-	1.40	26:53	19:12	2	-	2	-
Wechsel Schwim	0.05	2:40	53:19	2	0:29	4	0:29	1.45	29:33	20:22	2	-	2	-
Schwimmen Total	1.45	29:33	20:22	2	-	2	-	1.45	29:33	20:22	2	-	2	-
ZZ Rad	11.00	22:26	2:02	1	-	3	1:07	12.45	51:59	4:10	1	-	1	-
ZZ Rad	11.00	24:36	2:14	1	-	2	0:02	23.45	1:16:35	3:15	1	-	1	-
ZZ Rad	11.00	24:48	2:15	1	-	2	0:14	34.45	1:41:23	2:56	1	-	1	-
Rad Ende	11.00	20:38	1:52	2	0:31	3	0:52	45.45	2:02:01	2:41	1	-	1	-
Wechsel Rad-Lauf	0.05	1:16	25:19	1	-	1	-	45.50	2:03:17	2:42	1	-	1	-
Rad Total	44.05	1:33:44	2:07	1	-	2	0:35	45.50	2:03:17	2:42	1	-	1	-
ZZ Lauf	3.33	10:54	3:16	1	-	1	-	48.83	2:14:11	2:44	1	-	1	-
ZZ Lauf	3.33	22:13	6:40	1	-	1	-	52.16	2:36:24	2:59	1	-	1	-
Lauf	3.33	11:34	3:28	1	-	1	-	55.40	2:47:58	3:01	1	-	1	-