



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Müller, Alexandra

Total time: 3:04:08

Club: Team Erdinger Alkoholfrei

Number: 335

Course: 55.40 km

Rank in course/Total: 51 (of 71)

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

Rank in course/Women: 4 (of 10)

Best time in course: 2:47:58

Category:

Rank in category: 1(of 2)

Seniorinnen 1 (40-44 Jahre)

Best time in the category: 3:04:08

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	33:54	24:12	2	1:41	7	7:01	1.40	33:54	24:12	1	-	5	
Schwimmen Net	1.40	33:54	24:12	1	-	5		1.40	33:54	24:12	1	-	5	
Wechsel Schwim	0.05	2:58	59:20	2	0:09	7	0:47	1.45	36:52	25:25	1	-	5	
Schwimmen Total	1.45	36:52	25:25	1	-	5		1.45	36:52	25:25	1	-	5	
ZZ Rad	11.00	21:19	1:56	1	-	1	-	12.45	58:11	4:40	1	-	4	6:12
ZZ Rad	11.00	25:05	2:16	1	-	3	0:31	23.45	1:23:16	3:33	1	-	3	6:41
ZZ Rad	11.00	25:42	2:20	1	-	4	1:08	34.45	1:48:58	3:09	1	-	3	7:35
Rad Ende	11.00	21:03	1:54	1	-	4	1:17	45.45	2:10:01	2:51	1	-	4	8:00
Wechsel Rad-Lau	0.05	1:56	38:39	1	-	6	0:40	45.50	2:11:57	2:53	1	-	4	8:40
Rad Total	44.05	1:35:05	2:09	1	-	3	1:56	45.50	2:11:57	2:53	1	-	4	8:40
ZZ Lauf	3.33	12:13	3:40	1	-	4	1:19	48.83	2:24:10	2:57	1	-	4	9:59
ZZ Lauf	3.33	26:34	7:58	1	-	3	4:21	52.16	2:50:44	3:16	1	-	3	14:20
Lauf	3.33	13:24	4:01	1	-	4	1:50	55.40	3:04:08	3:19	1	-	4	16:10