



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Dalbert, Kerstin

Total time: 2:09:37

Club: Team Erdinger alkoholfrei

Number: 220

Course: 25.70 km

Rank in course/Total: 116 (of 116)

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

Rank in course/Women: 24 (of 24)

Best time in course: 1:15:12

Category:

Rank in category: 1(of 1)

Seniorinnen 3 (50-54 Jahre)

Best time in the category: 2:09:37

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 | 20:54 | 29:51 | 1 | - | 20 | 7:05 | 0.70 | 20:54 | 29:51 | 1 | - | 2 | 4:00 |
| Schwimmen Net | 0.70 | 20:54 | 29:51 | 1 | - | 2 | 4:00 | 0.70 | 20:54 | 29:51 | 1 | - | 2 | 4:00 |
| Wechsel Schwim | 0.05 | 6:41 | 133:39 | 1 | - | 24 | 5:00 | 0.75 | 27:35 | 36:46 | 1 | - | 2 | 8:12 |
| Schwimmen Total | 0.75 | 27:35 | 36:46 | 1 | - | 2 | 8:12 | 0.75 | 27:35 | 36:46 | 1 | - | 2 | 8:12 |
| ZZ Rad | 10.00 | 32:38 | 3:15 | 1 | - | 16 | 13:04 | 10.75 | 1:00:13 | 5:36 | 1 | - | 16 | 24:36 |
| Rad Ende | 10.00 | 29:29 | 2:56 | 1 | - | 16 | 11:24 | 20.75 | 1:29:42 | 4:19 | 1 | - | 2 | 20:01 |
| Wechsel Rad-Lau | 0.05 | 2:26 | 48:39 | 1 | - | 23 | 1:27 | 20.80 | 1:32:08 | 4:25 | 1 | - | 2 | 20:44 |
| Rad Total | 20.05 | 1:04:33 | 3:13 | 1 | - | 24 | 25:42 | 20.80 | 1:32:08 | 4:25 | 1 | - | 2 | 20:44 |
| ZZ Lauf | 2.50 | 15:58 | 6:23 | 1 | - | 22 | 6:09 | 23.30 | 1:48:06 | 4:38 | 1 | - | 2 | 23:04 |
| Lauf | 2.50 | 21:31 | 8:36 | 1 | - | 24 | 11:02 | 25.70 | 2:09:37 | 5:02 | 1 | - | 24 | 54:25 |