



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Mandt, Kristina

Total time: 1:15:12

Club: ASV Köln Triathlon

Number: 379

Course: 25.70 km

Rank in course/Total: 16 (of 116)

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

Rank in course/Women: 1 (of 24)

Best time in course: 1:15:12

Category:

Rank in category: 1(of 8)

AK2 weiblich (25-29 Jahre)

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	14:04	20:05	1	-	5	0:15	0.70	14:04	20:05	1	-	13	
Schwimmen Net	0.70	14:04	20:05	1	-	13		0.70	14:04	20:05	1	-	13	
Wechsel Schwim	0.05	1:59	39:39	1	-	5	0:18	0.75	16:03	21:24	1	-	13	
Schwimmen Total	0.75	16:03	21:24	1	-	13		0.75	16:03	21:24	1	-	13	
ZZ Rad	10.00	19:34	1:57	1	-	1	-	10.75	35:37	3:18	1	-	1	-
Rad Ende	10.00	18:05	1:48	1	-	1	-	20.75	53:42	2:35	1	-	13	
Wechsel Rad-Lau	0.05	1:12	23:59	2	0:01	3	0:13	20.80	54:54	2:38	1	-	13	
Rad Total	20.05	38:51	1:56	1	-	1	-	20.80	54:54	2:38	1	-	13	
ZZ Lauf	2.50	9:49	3:55	1	-	1	-	23.30	1:04:43	2:46	1	-	13	
Lauf	2.50	10:29	4:11	1	-	1	-	25.70	1:15:12	2:55	1	-	1	-