



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Garus, Katharina

Total time: 1:16:27

Club: Equipe Kölsche Klüngel - KTT01

Number: 216

Course: 25.70 km

Rank in course/Total: 22 (of 116)

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

Rank in course/Women: 2 (of 24)

Best time in course: 1:15:12

Category:

Rank in category: 1(of 4)

AK3 weiblich (30-34 Jahre)

Best time in the category: 1:16:27

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	13:49	19:44	1	-	1	-	0.70	13:49	19:44	1	-	24	
Schwimmen Net	0.70	13:49	19:44	1	-	24		0.70	13:49	19:44	1	-	24	
Wechsel Schwim	0.05	1:41	33:39	1	-	1	-	0.75	15:30	20:40	1	-	24	
Schwimmen Total	0.75	15:30	20:40	1	-	24		0.75	15:30	20:40	1	-	24	
ZZ Rad	10.00	fehlt!	-	-	-	-	-	10.75	-	-	-	-	-	-
Rad Ende	10.00	38:10	3:48	4	18:22	17	20:05	20.75	53:40	2:35	1	-	24	
Wechsel Rad-Lau	0.05	1:14	24:40	2	0:15	5	0:15	20.80	54:54	2:38	1	-	13	
Rad Total	20.05	39:24	1:57	1	-	2	0:33	20.80	54:54	2:38	1	-	13	
ZZ Lauf	2.50	10:30	4:12	1	-	2	0:41	23.30	1:05:24	2:48	1	-	24	
Lauf	2.50	11:03	4:25	1	-	2	0:34	25.70	1:16:27	2:58	1	-	2	1:15