



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Herr, Sandy

Total time: 1:33:43

Club: BSG BML Bonn

Number: 164

Course: 25.70 km

Rank in course/Total: 75 (of 113)

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

Rank in course/Women: 15 (of 26)

Best time in course: 1:12:25

Category:

Rank in category: 3(of 4)

Seniorinnen 1 (40-44 Jahre)

Best time in the category: 1:27:16

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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 nett	0.70	14:33	20:47	2	2:08	10	3:23	0.70	14:33	20:47	2	2:08	10	3:23
Wechsel S -> R	-	3:36	-	4	1:03	21	1:52	0.70	18:09	25:55	2	3:07	10	5:15
Schwimmen Total	0.70	18:09	25:55	2	3:07	10	5:15	0.70	18:09	25:55	2	3:07	10	5:15
Rad netto	20.00	44:21	2:13	1	-	12	5:21	20.70	1:02:30	3:01	2	2:36	13	10:36
Wechsel R -> L	-	2:45	-	4	1:03	23	1:42	20.70	1:05:15	3:09	3	3:34	15	12:13
Rad Total	20.00	47:06	2:21	3	0:27	15	6:58	20.70	1:05:15	3:09	3	3:34	15	12:13
Lauf	5.00	28:28	5:41	4	2:53	23	9:05	25.70	1:33:43	3:38	3	6:27	15	21:18