



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

## Detailed evaluation

**Krause, Silke**

**Total time: 1:39:41**

Club: Marathon-Club Menden

Number: 168

Course: 25.70 km

Rank in course/Total: 93 (of 113)

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

Rank in course/Women: 20 (of 26)

Best time in course: 1:12:25

Category:

Rank in category: 1(of 1)

Seniorinnen 3 (50-54 Jahre)

Best time in the category: 1:39:41

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 nett	0.70	16:55	24:10	1	-	19	5:45	0.70	16:55	24:10	1	-	19	5:45
Wechsel S -> R	-	3:12	-	1	-	16	1:28	0.70	20:07	28:44	1	-	19	7:13
Schwimmen Total	0.70	20:07	28:44	1	-	19	7:13	0.70	20:07	28:44	1	-	19	7:13
Rad netto	20.00	50:12	2:30	1	-	21	11:12	20.70	1:10:19	3:23	1	-	21	18:25
Wechsel R -> L	-	2:26	-	1	-	20	1:23	20.70	1:12:45	3:30	1	-	21	19:43
Rad Total	20.00	52:38	2:37	1	-	21	12:30	20.70	1:12:45	3:30	1	-	21	19:43
Lauf	5.00	26:56	5:23	1	-	17	7:33	25.70	1:39:41	3:52	1	-	20	27:16