



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

## Detailed evaluation

Fieren, Ines

Total time: 1:46:17

Club: Fit für mich !!

Number: 158

Course: 25.70 km

Rank in course/Total: 103 (of 113)

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

Rank in course/Women: 24 (of 26)

Best time in course: 1:12:25

Category:

Rank in category: 4(of 4)

AK4 weiblich (35-39 Jahre)

Best time in the category: 1:19:00

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	19:17	27:32	4	6:28	23	8:07	0.70	19:17	27:32	4	6:28	23	8:07
Wechsel S -> R	-	4:12	-	4	1:57	23	2:28	0.70	23:29	33:32	4	8:25	23	10:35
Schwimmen Total	0.70	23:29	33:32	4	8:25	23	10:35	0.70	23:29	33:32	4	8:25	23	10:35
Rad netto	20.00	52:44	2:38	4	12:17	23	13:44	20.70	1:16:13	3:40	4	20:42	24	24:19
Wechsel R -> L	-	2:12	-	4	0:28	15	1:09	20.70	1:18:25	3:47	4	21:10	24	25:23
Rad Total	20.00	54:56	2:44	4	12:45	23	14:48	20.70	1:18:25	3:47	4	21:10	24	25:23
Lauf	5.00	27:52	5:34	4	6:07	20	8:29	25.70	1:46:17	4:08	4	27:17	24	33:52