



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Salingré, Ruth

Total time: 3:20:02

Club: Ingenieurbüro Salingré

Number: 320

Course: 55.40 km

Rank in course/Total: 75 (of 87)

Olympische Distanz (1,40-44,00-10,00)

Rank in course/Women: 10 (of 13)

Best time in course: 3:01:40

Category:

Rank in category: 1(of 1)

Seniorinnen 5 (60-64 Jahre)

Best time in the category: 3:20:02

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	1.40	30:48	22:00	1	-	9	5:48	1.40	30:48	22:00	1	-	9	5:48
Wechsel S -> R	-	6:52	-	1	-	13	4:24	1.40	37:40	26:54	1	-	13	9:07
Schwimmen Total	1.40	37:40	26:54	1	-	13	9:07	1.40	37:40	26:54	1	-	13	9:07
Rad netto	44.00	1:44:29	2:22	1	-	10	8:49	45.40	2:22:09	3:07	1	-	10	13:29
Wechsel R -> L	-	3:36	-	1	-	13	1:31	45.40	2:25:45	3:12	1	-	10	14:42
Rad Total	44.00	1:48:05	2:27	1	-	10	9:54	45.40	2:25:45	3:12	1	-	10	14:42
Lauf	10.00	54:17	5:25	1	-	7	6:28	55.40	3:20:02	3:36	1	-	10	18:22