



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Althoff, Sylvia

Total time: 2:28:10

Club: Adler Langlauf Bottrop

Number: 197

Course: 25.70 km

Rank in course/Total: 111 (of 113)

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

Rank in course/Women: 25 (of 26)

Best time in course: 1:12:25

Category:

Rank in category: 5(of 5)

Seniorinnen 2 (45-49 Jahre)

Best time in the category: 1:29:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.70	27:43	39:35	5	15:04	25	16:33	0.70	27:43	39:35	5	15:04	25	16:33
Wechsel S -> R	-	7:12	-	5	4:19	25	5:28	0.70	34:55	49:52	5	19:02	25	22:01
Schwimmen Total	0.70	34:55	49:52	5	19:02	25	22:01	0.70	34:55	49:52	5	19:02	25	22:01
Rad netto	20.00	1:09:51	3:29	5	26:09	25	30:51	20.70	1:44:46	5:03	5	45:11	25	52:52
Wechsel R -> L	-	2:42	-	4	1:04	22	1:39	20.70	1:47:28	5:11	5	45:34	25	54:26
Rad Total	20.00	1:12:33	3:37	5	26:33	25	32:25	20.70	1:47:28	5:11	5	45:34	25	54:26
Lauf	5.00	40:42	8:08	5	16:32	25	21:19	25.70	2:28:10	5:45	5	59:04	25	1:15:45