



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Quast, Kathrin

Total time: 1:15:45

Club: SG Wenden

Number: 235

Course: 25.70 km

Rank in course/Total: 21 (of 113)

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

Rank in course/Women: 2 (of 26)

Best time in course: 1:12:25

Category:

Rank in category: 1(of 1)

AK1 weiblich (20-24 Jahre)

Best time in the category: 1:15:45

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	11:36	16:34	1	-	2	0:26	0.70	11:36	16:34	1	-	2	0:26
Wechsel S -> R	-	2:01	-	1	-	2	0:17	0.70	13:37	19:27	1	-	2	0:43
Schwimmen Total	0.70	13:37	19:27	1	-	2	0:43	0.70	13:37	19:27	1	-	2	0:43
Rad netto	20.00	39:36	1:58	1	-	2	0:36	20.70	53:13	2:34	1	-	2	1:19
Wechsel R -> L	-	1:30	-	1	-	5	0:27	20.70	54:43	2:38	1	-	2	1:41
Rad Total	20.00	41:06	2:03	1	-	2	0:58	20.70	54:43	2:38	1	-	2	1:41
Lauf	5.00	21:02	4:12	1	-	2	1:39	25.70	1:15:45	2:56	1	-	2	3:20