



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Selker, Astrid

Total time: 1:21:41

Club: LV Tristar Oelde/LC Wiedenbrück

Number: 165

Course: 25.70 km

Rank in course/Total: 33 (of 113)

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

Rank in course/Women: 4 (of 26)

Best time in course: 1:12:25

Category:

Rank in category: 1(of 5)

AK2 weiblich (25-29 Jahre)

Best time in the category: 1:21:41

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	13:05	18:41	1	-	7	1:55	0.70	13:05	18:41	1	-	7	1:55
Wechsel S -> R	-	2:18	-	1	-	4	0:34	0.70	15:23	21:58	1	-	5	2:29
Schwimmen Total	0.70	15:23	21:58	1	-	5	2:29	0.70	15:23	21:58	1	-	5	2:29
Rad netto	20.00	42:14	2:06	1	-	7	3:14	20.70	57:37	2:47	1	-	4	5:43
Wechsel R -> L	-	1:28	-	2	0:25	3	0:25	20.70	59:05	2:51	1	-	4	6:03
Rad Total	20.00	43:42	2:11	1	-	6	3:34	20.70	59:05	2:51	1	-	4	6:03
Lauf	5.00	22:36	4:31	1	-	4	3:13	25.70	1:21:41	3:10	1	-	4	9:16