



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

## Detailed evaluation

**Cordes, Christine**

**Total time: 1:24:39**

Club: TSG Lennestadt

Number: 191

Course: 25.70 km

Rank in course/Total: 41 (of 113)

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

Rank in course/Women: 6 (of 26)

Best time in course: 1:12:25

Category:

Rank in category: 2(of 2)

AK3 weiblich (30-34 Jahre)

Best time in the category: 1:12:25

### 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	16:15	23:12	2	5:05	18	5:05	0.70	16:15	23:12	2	5:05	18	5:05
Wechsel S -> R	-	2:47	-	2	1:03	11	1:03	0.70	19:02	27:11	2	6:08	17	6:08
Schwimmen Total	0.70	19:02	27:11	2	6:08	17	6:08	0.70	19:02	27:11	2	6:08	17	6:08
Rad netto	20.00	40:54	2:02	2	1:54	4	1:54	20.70	59:56	2:53	2	8:02	8	8:02
Wechsel R -> L	-	1:54	-	2	0:46	13	0:51	20.70	1:01:50	2:59	2	8:48	7	8:48
Rad Total	20.00	42:48	2:08	2	2:40	4	2:40	20.70	1:01:50	2:59	2	8:48	7	8:48
Lauf	5.00	22:49	4:33	2	3:26	5	3:26	25.70	1:24:39	3:17	2	12:14	6	12:14