



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Hämmerling, Susanne

Total time: 1:26:11

Club: ASC Ahlen

Number: 193

Course: 25.70 km

Rank in course/Total: 51 (of 113)

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

Rank in course/Women: 9 (of 26)

Best time in course: 1:12:25

Category:

Rank in category: 2(of 4)

AK4 weiblich (35-39 Jahre)

Best time in the category: 1:19:00

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	14:12	20:17	2	1:23	9	3:02	0.70	14:12	20:17	2	1:23	9	3:02
Wechsel S -> R	-	2:54	-	2	0:39	13	1:10	0.70	17:06	24:25	2	2:02	9	4:12
Schwimmen Total	0.70	17:06	24:25	2	2:02	9	4:12	0.70	17:06	24:25	2	2:02	9	4:12
Rad netto	20.00	43:08	2:09	3	2:41	9	4:08	20.70	1:00:14	2:54	2	4:43	9	8:20
Wechsel R -> L	-	1:46	-	2	0:02	9	0:43	20.70	1:02:00	2:59	2	4:45	9	8:58
Rad Total	20.00	44:54	2:14	3	2:43	10	4:46	20.70	1:02:00	2:59	2	4:45	9	8:58
Lauf	5.00	24:11	4:50	3	2:26	11	4:48	25.70	1:26:11	3:21	2	7:11	9	13:46