



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Cordes, Ulla

Total time: 1:25:52

Club: RW Kirchhundem

Number: 138

Course: 25.70 km

Rank in course/Total: 49 (of 113)

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

Rank in course/Women: 7 (of 26)

Best time in course: 1:12:25

Category:

Rank in category: 1(of 2)

Seniorinnen 4 (55-59 Jahre)

Best time in the category: 1:25:52

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	16:04	22:57	2	0:23	17	4:54	0.70	16:04	22:57	2	0:23	17	4:54
Wechsel S -> R	-	2:44	-	1	-	9	1:00	0.70	18:48	26:51	1	-	15	5:54
Schwimmen Total	0.70	18:48	26:51	1	-	15	5:54	0.70	18:48	26:51	1	-	15	5:54
Rad netto	20.00	42:02	2:06	1	-	6	3:02	20.70	1:00:50	2:56	1	-	10	8:56
Wechsel R -> L	-	1:48	-	1	-	11	0:45	20.70	1:02:38	3:01	1	-	10	9:36
Rad Total	20.00	43:50	2:11	1	-	7	3:42	20.70	1:02:38	3:01	1	-	10	9:36
Lauf	5.00	23:14	4:38	1	-	6	3:51	25.70	1:25:52	3:20	1	-	7	13:27