



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Linnemannstöns, Anja

Total time: 1:29:06

Club: LC Wiedenbrück

Number: 163

Course: 25.70 km

Rank in course/Total: 61 (of 113)

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

Rank in course/Women: 12 (of 26)

Best time in course: 1:12:25

Category:

Rank in category: 1(of 5)

Seniorinnen 2 (45-49 Jahre)

Best time in the category: 1:29:06

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	16:03	22:55	2	3:24	16	4:53	0.70	16:03	22:55	2	3:24	16	4:53
Wechsel S -> R	-	2:53	-	1	-	12	1:09	0.70	18:56	27:02	2	3:03	16	6:02
Schwimmen Total	0.70	18:56	27:02	2	3:03	16	6:02	0.70	18:56	27:02	2	3:03	16	6:02
Rad netto	20.00	44:22	2:13	2	0:40	13	5:22	20.70	1:03:18	3:03	2	3:43	14	11:24
Wechsel R -> L	-	1:38	-	1	-	6	0:35	20.70	1:04:56	3:08	2	3:02	13	11:54
Rad Total	20.00	46:00	2:17	1	-	11	5:52	20.70	1:04:56	3:08	2	3:02	13	11:54
Lauf	5.00	24:10	4:50	1	-	10	4:47	25.70	1:29:06	3:28	1	-	12	16:41