



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Luther, Anke

Total time: 1:30:44

Club: Tri Sport Menden

Number: 119

Course: 25.70 km

Rank in course/Total: 66 (of 113)

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

Rank in course/Women: 14 (of 26)

Best time in course: 1:12:25

Category:

Rank in category: 2(of 4)

Seniorinnen 1 (40-44 Jahre)

Best time in the category: 1:27:16

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.70	15:40	22:22	4	3:15	14	4:30	0.70	15:40	22:22	4	3:15	14	4:30
Wechsel S -> R	-	2:33	-	1	-	5	0:49	0.70	18:13	26:01	3	3:11	12	5:19
Schwimmen Total	0.70	18:13	26:01	3	3:11	12	5:19	0.70	18:13	26:01	3	3:11	12	5:19
Rad netto	20.00	45:10	2:15	3	0:49	15	6:10	20.70	1:03:23	3:03	3	3:29	15	11:29
Wechsel R -> L	-	1:42	-	1	-	7	0:39	20.70	1:05:05	3:08	2	3:24	14	12:03
Rad Total	20.00	46:52	2:20	2	0:13	14	6:44	20.70	1:05:05	3:08	2	3:24	14	12:03
Lauf	5.00	25:39	5:07	2	0:04	15	6:16	25.70	1:30:44	3:31	2	3:28	14	18:19