



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Kerksiek, Nicole

Total time: 1:34:25

Club: Bielefeld

Number: 141

Course: 25.70 km

Rank in course/Total: 58 (of 109)

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

Rank in course/Women: 11 (of 26)

Best time in course: 1:24:45

Category:

Rank in category: 2(of 5)

Seniorinnen 2 (45-49 Jahre)

Best time in the category: 1:32:12

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	15:43	22:27	3	1:48	6	2:18	0.70	15:43	22:27	3	1:48	6	2:18
Wechsel S -> R	-	2:57	-	1	-	7	0:48	0.70	18:40	26:40	2	0:51	6	2:13
Schwimmen Total	0.70	18:40	26:40	2	0:51	6	2:13	0.70	18:40	26:40	2	0:51	6	2:13
Rad netto	20.00	47:51	2:23	2	4:00	14	4:18	20.70	1:06:31	3:12	2	4:51	9	6:18
Wechsel R -> L	-	2:01	-	3	0:12	11	0:40	20.70	1:08:32	3:18	2	4:34	9	6:53
Rad Total	20.00	49:52	2:29	2	3:43	12	4:40	20.70	1:08:32	3:18	2	4:34	9	6:53
Lauf	5.00	25:53	5:10	1	-	13	5:11	25.70	1:34:25	3:40	2	2:13	11	9:40