



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Unkel, Wibke

Total time: 1:34:56

Club: Arnsberg

Number: 138

Course: 25.70 km

Rank in course/Total: 62 (of 109)

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

Rank in course/Women: 12 (of 26)

Best time in course: 1:24:45

Category:

Rank in category: 3(of 4)

Seniorinnen 1 (40-44 Jahre)

Best time in the category: 1:31:54

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	18:16	26:05	4	4:51	15	4:51	0.70	18:16	26:05	4	4:51	15	4:51
Wechsel S -> R	-	2:34	-	1	-	3	0:25	0.70	20:50	29:45	4	4:08	15	4:23
Schwimmen Total	0.70	20:50	29:45	4	4:08	15	4:23	0.70	20:50	29:45	4	4:08	15	4:23
Rad netto	20.00	47:33	2:22	2	0:44	11	4:00	20.70	1:08:23	3:18	3	4:52	12	8:10
Wechsel R -> L	-	2:10	-	1	-	15	0:49	20.70	1:10:33	3:24	3	4:41	12	8:54
Rad Total	20.00	49:43	2:29	2	0:33	11	4:31	20.70	1:10:33	3:24	3	4:41	12	8:54
Lauf	5.00	24:23	4:52	2	1:58	8	3:41	25.70	1:34:56	3:41	3	3:02	12	10:11