



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Nockemann, Charlotte

Total time: 45:32

Club: Arnsberg

Number: 21

Course: 6.24 km

Rank in course/Total: 11 (of 30)

Kindertriathlon (0,04-6,00-0,20)

Rank in course/Women: 6 (of 18)

Best time in course: 31:25

Category:

Rank in category: 3(of 6)

weibliche Schüler A (12+13 Jahre)

Best time in the category: 44:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women	km	Time				Pos Women	Behind Women
Schwimmen nett	0.04	1:48	45:00	3	0:11	3	0:11	0.04	1:48	45:00	3	0:11	3	0:11
Wechsel S -> R	-	2:49	-	5	0:29	11	0:29	0.04	4:37	115:24	4	0:26	6	0:26
Schwimmen Total	0.04	4:37	115:24	4	0:26	6	0:26	0.04	4:37	115:24	4	0:26	6	0:26
Rad netto	6.00	37:50	6:18	3	0:40	7	13:36	6.04	42:27	7:01	3	1:05	6	13:59
Wechsel R -> L	-	1:30	-	5	0:18	9	0:18	6.04	43:57	7:16	3	1:23	6	12:37
Rad Total	6.00	39:20	6:33	3	0:57	7	12:14	6.04	43:57	7:16	3	1:23	6	12:37
Lauf	0.20	1:35	7:54	2	0:07	4	1:30	6.24	45:32	7:17	3	1:30	6	14:07