



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Krause, Silke

Total time: 1:37:53

Club: Marathon-Club Menden

Number: 188

Course: 25.70 km

Rank in course/Total: 72 (of 109)

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

Rank in course/Women: 15 (of 26)

Best time in course: 1:24:45

Category:

Rank in category: 3(of 6)

Seniorinnen 3 (50-54 Jahre)

Best time in the category: 1:27:36

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total	Total	Total	Pos	Behind	Pos	Behind
								km	Time	min/km	Cat.	Cat.	Women	Women
Schwimmen nett	0.70	16:14	23:11	2	0:10	11	2:49	0.70	16:14	23:11	2	0:10	11	2:49
Wechsel S -> R	-	3:09	-	3	0:33	10	1:00	0.70	19:23	27:41	1	-	8	2:56
Schwimmen Total	0.70	19:23	27:41	1	-	8	2:56	0.70	19:23	27:41	1	-	8	2:56
Rad netto	20.00	49:08	2:27	5	4:55	17	5:35	20.70	1:08:31	3:18	3	4:25	13	8:18
Wechsel R -> L	-	2:14	-	3	0:36	17	0:53	20.70	1:10:45	3:25	3	3:51	13	9:06
Rad Total	20.00	51:22	2:34	5	5:07	17	6:10	20.70	1:10:45	3:25	3	3:51	13	9:06
Lauf	5.00	27:08	5:25	6	6:26	17	6:26	25.70	1:37:53	3:48	3	10:17	15	13:08