



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Lüddecke, Iris

Total time: 1:40:39

Club: Non-Stop-Ultra

Number: 128

Course: 25.70 km

Rank in course/Total: 81 (of 109)

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

Rank in course/Women: 18 (of 26)

Best time in course: 1:24:45

Category:

Rank in category: 5(of 6)

Seniorinnen 3 (50-54 Jahre)

Best time in the category: 1:27:36

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	19:45	28:12	5	3:41	20	6:20	0.70	19:45	28:12	5	3:41	20	6:20
Wechsel S -> R	-	4:15	-	6	1:39	21	2:06	0.70	24:00	34:17	5	4:37	22	7:33
Schwimmen Total	0.70	24:00	34:17	5	4:37	22	7:33	0.70	24:00	34:17	5	4:37	22	7:33
Rad netto	20.00	47:27	2:22	3	3:14	10	3:54	20.70	1:11:27	3:27	5	7:21	18	11:14
Wechsel R -> L	-	3:06	-	6	1:28	25	1:45	20.70	1:14:33	3:36	5	7:39	19	12:54
Rad Total	20.00	50:33	2:31	4	4:18	16	5:21	20.70	1:14:33	3:36	5	7:39	19	12:54
Lauf	5.00	26:06	5:13	4	5:24	14	5:24	25.70	1:40:39	3:54	5	13:03	18	15:54