



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

## Detailed evaluation

Wortmann, Helena

Total time: 1:37:32

Club: Trichicks

Number: 196

Course: 25.70 km

Rank in course/Total: 71 (of 109)

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

Rank in course/Women: 14 (of 26)

Best time in course: 1:24:45

Category:

Rank in category: 2(of 3)

AK2 weiblich (25-29 Jahre)

Best time in the category: 1:28:08

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	18:21	26:12	2	2:24	16	4:56	0.70	18:21	26:12	2	2:24	16	4:56
Wechsel S -> R	-	2:27	-	1	-	2	0:18	0.70	20:48	29:42	2	2:10	14	4:21
Schwimmen Total	0.70	20:48	29:42	2	2:10	14	4:21	0.70	20:48	29:42	2	2:10	14	4:21
Rad netto	20.00	48:09	2:24	2	4:10	16	4:36	20.70	1:08:57	3:19	2	6:20	14	8:44
Wechsel R -> L	-	2:07	-	2	0:14	13	0:46	20.70	1:11:04	3:25	2	6:34	14	9:25
Rad Total	20.00	50:16	2:30	2	4:24	13	5:04	20.70	1:11:04	3:25	2	6:34	14	9:25
Lauf	5.00	26:28	5:17	2	2:50	15	5:46	25.70	1:37:32	3:47	2	9:24	14	12:47