



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Gora, Silvia

Total time: 2:38:58

Club: WSU Tri-Team Warendorf

Number: 301

Course: 55.40 km

Rank in course/Total: 7 (of 59)

Olympische Distanz (1,40-44,00-10,00)

Rank in course/Women: 1 (of 12)

Best time in course: 2:38:58

Category:

Rank in category: 1(of 2)

AK2 weiblich (25-29 Jahre)

Best time in the category: 2:38:58

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	1.40	24:52	17:45	1	-	1	-	1.40	24:52	17:45	1	-	1	-
Wechsel S -> R	-	2:20	-	1	-	1	-	1.40	27:12	19:25	1	-	1	-
Schwimmen Total	1.40	27:12	19:25	1	-	1	-	1.40	27:12	19:25	1	-	1	-
Rad netto	44.00	1:24:08	1:54	1	-	1	-	45.40	1:51:20	2:27	1	-	1	-
Wechsel R -> L	-	1:53	-	1	-	2	0:05	45.40	1:53:13	2:29	1	-	1	-
Rad Total	44.00	1:26:01	1:57	1	-	1	-	45.40	1:53:13	2:29	1	-	1	-
Lauf	10.00	45:45	4:34	1	-	1	-	55.40	2:38:58	2:52	1	-	1	-