



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Riegert, Brigitte

Total time: 1:45:19

Club: Sundern

Number: 163

Course: 25.70 km

Rank in course/Total: 90 (of 109)

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

Rank in course/Women: 20 (of 26)

Best time in course: 1:24:45

Category:

Rank in category: 3(of 5)

Seniorinnen 2 (45-49 Jahre)

Best time in the category: 1:32:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	15:36	22:17	2	1:41	5	2:11	0.70	15:36	22:17	2	1:41	5	2:11
Wechsel S -> R	-	4:40	-	4	1:43	23	2:31	0.70	20:16	28:57	3	2:27	11	3:49
Schwimmen Total	0.70	20:16	28:57	3	2:27	11	3:49	0.70	20:16	28:57	3	2:27	11	3:49
Rad netto	20.00	52:46	2:38	4	8:55	23	9:13	20.70	1:13:02	3:31	3	11:22	20	12:49
Wechsel R -> L	-	1:49	-	1	-	6	0:28	20.70	1:14:51	3:36	3	10:53	20	13:12
Rad Total	20.00	54:35	2:43	3	8:26	21	9:23	20.70	1:14:51	3:36	3	10:53	20	13:12
Lauf	5.00	30:28	6:05	4	4:35	24	9:46	25.70	1:45:19	4:05	3	13:07	20	20:34