



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Schieffer, Ilka

Total time: 1:43:04

Club: SC Janus Köln

Number: 102

Course: 25.70 km

Rank in course/Total: 85 (of 109)

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

Rank in course/Women: 19 (of 26)

Best time in course: 1:24:45

Category:

Rank in category: 4(of 4)

Seniorinnen 1 (40-44 Jahre)

Best time in the category: 1:31:54

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	15:55	22:44	2	2:30	7	2:30	0.70	15:55	22:44	2	2:30	7	2:30
Wechsel S -> R	-	4:04	-	4	1:30	20	1:55	0.70	19:59	28:32	3	3:17	10	3:32
Schwimmen Total	0.70	19:59	28:32	3	3:17	10	3:32	0.70	19:59	28:32	3	3:17	10	3:32
Rad netto	20.00	50:40	2:31	4	3:51	19	7:07	20.70	1:10:39	3:24	4	7:08	16	10:26
Wechsel R -> L	-	2:29	-	4	0:19	21	1:08	20.70	1:13:08	3:31	4	7:16	17	11:29
Rad Total	20.00	53:09	2:39	4	3:59	19	7:57	20.70	1:13:08	3:31	4	7:16	17	11:29
Lauf	5.00	29:56	5:59	4	7:31	21	9:14	25.70	1:43:04	4:00	4	11:10	19	18:19