



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

## Detailed evaluation

**Martini, Gesa**

**Total time: 1:48:01**

Club: Meschede

Number: 178

Course: 25.70 km

Rank in course/Total: 92 (of 109)

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

Rank in course/Women: 22 (of 26)

Best time in course: 1:24:45

Category:

Rank in category: 3(of 3)

AK4 weiblich (35-39 Jahre)

Best time in the category: 1:33:58

| 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     | 17:59      | 25:41        | 1           | -           | 14        | 4:34         | 0.70          | 17:59      | 25:41        | 1        | -           | 14        | 4:34         |
| Wechsel S -> R     | -        | 5:28       | -            | 3           | 2:54        | 26        | 3:19         | 0.70          | 23:27      | 33:30        | 3        | 1:48        | 20        | 7:00         |
| Schwimmen Total    | 0.70     | 23:27      | 33:30        | 3           | 1:48        | 20        | 7:00         | 0.70          | 23:27      | 33:30        | 3        | 1:48        | 20        | 7:00         |
| Rad netto          | 20.00    | 52:38      | 2:37         | 3           | 7:35        | 22        | 9:05         | 20.70         | 1:16:05    | 3:40         | 3        | 8:17        | 22        | 15:52        |
| Wechsel R -> L     | -        | 1:59       | -            | 2           | 0:38        | 9         | 0:38         | 20.70         | 1:18:04    | 3:46         | 3        | 8:55        | 22        | 16:25        |
| Rad Total          | 20.00    | 54:37      | 2:43         | 3           | 8:13        | 22        | 9:25         | 20.70         | 1:18:04    | 3:46         | 3        | 8:55        | 22        | 16:25        |
| Lauf               | 5.00     | 29:57      | 5:59         | 3           | 5:08        | 22        | 9:15         | 25.70         | 1:48:01    | 4:12         | 3        | 14:03       | 22        | 23:16        |