



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

## Detailed evaluation

**Matysiak, Mirja**

**Total time: 2:00:51**

Club: Köln

Number: 124

Course: 25.70 km

Rank in course/Total: 102 (of 109)

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

Rank in course/Women: 26 (of 26)

Best time in course: 1:24:45

Category:

Rank in category: 5(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	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	21:38	30:54	4	7:43	25	8:13	0.70	21:38	30:54	4	7:43	25	8:13
Wechsel S -> R	-	4:27	-	3	1:30	22	2:18	0.70	26:05	37:15	4	8:16	25	9:38
Schwimmen Total	0.70	26:05	37:15	4	8:16	25	9:38	0.70	26:05	37:15	4	8:16	25	9:38
Rad netto	20.00	58:04	2:54	5	14:13	26	14:31	20.70	1:24:09	4:03	5	22:29	26	23:56
Wechsel R -> L	-	1:49	-	1	-	6	0:28	20.70	1:25:58	4:09	5	22:00	26	24:19
Rad Total	20.00	59:53	2:59	5	13:44	26	14:41	20.70	1:25:58	4:09	5	22:00	26	24:19
Lauf	5.00	34:53	6:58	5	9:00	26	14:11	25.70	2:00:51	4:42	5	28:39	26	36:06