



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Hermes, Lena

Total time: 31:25

Club: TriFun Hennesee

Number: 28

Course: 6.24 km

Rank in course/Total: 2 (of 30)

Kindertriathlon (0,04-6,00-0,20)

Rank in course/Women: 1 (of 18)

Best time in course: 31:25

Category:

Rank in category: 1(of 3)

weibliche Jugend B (14+15 Jahre)

Best time in the category: 31:25

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	0.04	1:48	45:00	1	-	3	0:11	0.04	1:48	45:00	1	-	3	0:11
Wechsel S -> R	-	2:26	-	1	-	3	0:06	0.04	4:14	105:49	1	-	2	0:03
Schwimmen Total	0.04	4:14	105:49	1	-	2	0:03	0.04	4:14	105:49	1	-	2	0:03
Rad netto	6.00	24:14	4:02	1	-	1	-	6.04	28:28	4:42	1	-	1	-
Wechsel R -> L	-	2:52	-	3	1:39	18	1:40	6.04	31:20	5:11	1	-	1	-
Rad Total	6.00	27:06	4:30	1	-	1	-	6.04	31:20	5:11	1	-	1	-
Lauf	0.20	0:05	0:24	1	-	1	-	6.24	31:25	5:02	1	-	1	-