



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Arndt, Tine

Total time: 3:17:53

Club: Team Erdinger Alkoholfrei

Number: 331

Course: 55.40 km

Rank in course/Total: 46 (of 59)

Olympische Distanz (1,40-44,00-10,00)

Rank in course/Women: 7 (of 12)

Best time in course: 2:38:58

Category:

Rank in category: 1(of 2)

AK4 weiblich (35-39 Jahre)

Best time in the category: 3:17:53

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	1.40	33:09	23:40	1	-	9	8:17	1.40	33:09	23:40	1	-	9	8:17
Wechsel S -> R	-	3:51	-	1	-	7	1:31	1.40	37:00	26:25	1	-	7	9:48
Schwimmen Total	1.40	37:00	26:25	1	-	7	9:48	1.40	37:00	26:25	1	-	7	9:48
Rad netto	44.00	1:49:49	2:29	1	-	10	25:41	45.40	2:26:49	3:14	1	-	9	35:29
Wechsel R -> L	-	2:22	-	1	-	4	0:34	45.40	2:29:11	3:17	1	-	9	35:58
Rad Total	44.00	1:52:11	2:32	1	-	10	26:10	45.40	2:29:11	3:17	1	-	9	35:58
Lauf	10.00	48:42	4:52	1	-	5	2:57	55.40	3:17:53	3:34	1	-	7	38:55