



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

## Detailed evaluation

### Salingré, Ruth

Total time: 3:28:53

Club: Ingenieurbüro Salingré

Number: 371

Course: 55.40 km

Rank in course/Total: 52 (of 59)

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

Rank in course/Women: 9 (of 12)

Best time in course: 2:38:58

Category:

Rank in category: 1(of 1)

Seniorinnen 5 (60-64 Jahre)

Best time in the category: 3:28:53

| 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     | 1.40     | 33:08      | 23:40        | 1           | -           | 8         | 8:16         | 1.40          | 33:08      | 23:40        | 1        | -           | 8         | 8:16         |
| Wechsel S -> R     | -        | 7:13       | -            | 1           | -           | 12        | 4:53         | 1.40          | 40:21      | 28:49        | 1        | -           | 11        | 13:09        |
| Schwimmen Total    | 1.40     | 40:21      | 28:49        | 1           | -           | 11        | 13:09        | 1.40          | 40:21      | 28:49        | 1        | -           | 11        | 13:09        |
| Rad netto          | 44.00    | 1:47:34    | 2:26         | 1           | -           | 8         | 23:26        | 45.40         | 2:27:55    | 3:15         | 1        | -           | 10        | 36:35        |
| Wechsel R -> L     | -        | 3:04       | -            | 1           | -           | 8         | 1:16         | 45.40         | 2:30:59    | 3:19         | 1        | -           | 10        | 37:46        |
| Rad Total          | 44.00    | 1:50:38    | 2:30         | 1           | -           | 7         | 24:37        | 45.40         | 2:30:59    | 3:19         | 1        | -           | 10        | 37:46        |
| Lauf               | 10.00    | 57:54      | 5:47         | 1           | -           | 8         | 12:09        | 55.40         | 3:28:53    | 3:46         | 1        | -           | 9         | 49:55        |