



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	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	33:08	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