



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Lux, Gabi

Total time: 4:06:21

Club: TSV Hochdahl

Number: 336

Course: 55.40 km

Rank in course/Total: 57 (of 59)

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

Rank in course/Women: 11 (of 12)

Best time in course: 2:38:58

Category:

Rank in category: 2(of 2)

Seniorinnen 3 (50-54 Jahre)

Best time in the category: 3:09:58

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total | | Total min/km | Pos Cat. | Behind Cat. | Total ranking | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------|---------|-----------------|-------------|----------------|---------------|-----------------|
| | | | | | | Pos Women | Behind Women | km | Time | | | | Pos Women | Behind Women |
| Schwimmen nett | 1.40 | 40:43 | 29:05 | 2 | 11:10 | 12 | 15:51 | 1.40 | 40:43 | 29:05 | 2 | 11:10 | 12 | 15:51 |
| Wechsel S -> R | - | 5:25 | - | 2 | 0:38 | 11 | 3:05 | 1.40 | 46:08 | 32:57 | 2 | 11:48 | 12 | 18:56 |
| Schwimmen Total | 1.40 | 46:08 | 32:57 | 2 | 11:48 | 12 | 18:56 | 1.40 | 46:08 | 32:57 | 2 | 11:48 | 12 | 18:56 |
| Rad netto | 44.00 | 2:10:31 | 2:57 | 2 | 30:46 | 11 | 46:23 | 45.40 | 2:56:39 | 3:53 | 2 | 42:34 | 12 | 1:05:19 |
| Wechsel R -> L | - | 3:21 | - | 2 | 0:40 | 10 | 1:33 | 45.40 | 3:00:00 | 3:57 | 2 | 43:14 | 12 | 1:06:47 |
| Rad Total | 44.00 | 2:13:52 | 3:02 | 2 | 31:26 | 11 | 47:51 | 45.40 | 3:00:00 | 3:57 | 2 | 43:14 | 12 | 1:06:47 |
| Lauf | 10.00 | 1:06:21 | 6:38 | 2 | 13:09 | 11 | 20:36 | 55.40 | 4:06:21 | 4:26 | 2 | 56:23 | 11 | 1:27:23 |