



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Selker, Astrid

Total time: 1:24:45

Club: LC Wiedenbrück

Number: 145

Course: 25.70 km

Rank in course/Total: 27 (of 109)

Volksdistanz (0,70-20,00-5,00)

Rank in course/Women: 1 (of 26)

Best time in course: 1:24:45

Category:

Rank in category: 1(of 1)

AK3 weiblich (30-34 Jahre)

Best time in the category: 1:24:45

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	0.70	14:18	20:25	1	-	3	0:53	0.70	14:18	20:25	1	-	3	0:53
Wechsel S -> R	-	2:09	-	1	-	1	-	0.70	16:27	23:30	1	-	1	-
Schwimmen Total	0.70	16:27	23:30	1	-	1	-	0.70	16:27	23:30	1	-	1	-
Rad netto	20.00	43:46	2:11	1	-	3	0:13	20.70	1:00:13	2:54	1	-	1	-
Wechsel R -> L	-	1:26	-	1	-	2	0:05	20.70	1:01:39	2:58	1	-	1	-
Rad Total	20.00	45:12	2:15	1	-	1	-	20.70	1:01:39	2:58	1	-	1	-
Lauf	5.00	23:06	4:37	1	-	3	2:24	25.70	1:24:45	3:17	1	-	1	-