



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Litzenbauer, Leonie

Total time: 1:29:59

Club: SV 1905 Rotensee

Number: 161

Course: 25.70 km

Rank in course/Total: 40 (of 109)

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

Rank in course/Women: 5 (of 26)

Best time in course: 1:24:45

Category:

Rank in category: 1(of 2)

weibliche Jugend A (16+17 Jahre)

Best time in the category: 1:29:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total	Total	Total	Pos	Behind	Pos	Behind
								km	Time	min/km	Cat.	Cat.	Women	Women
Schwimmen nett	0.70	16:39	23:47	1	-	12	3:14	0.70	16:39	23:47	1	-	12	3:14
Wechsel S -> R	-	3:48	-	2	0:21	17	1:39	0.70	20:27	29:12	1	-	12	4:00
Schwimmen Total	0.70	20:27	29:12	1	-	12	4:00	0.70	20:27	29:12	1	-	12	4:00
Rad netto	20.00	43:37	2:10	1	-	2	0:04	20.70	1:04:04	3:05	1	-	6	3:51
Wechsel R -> L	-	1:47	-	2	0:13	5	0:26	20.70	1:05:51	3:10	1	-	5	4:12
Rad Total	20.00	45:24	2:16	1	-	2	0:12	20.70	1:05:51	3:10	1	-	5	4:12
Lauf	5.00	24:08	4:49	2	1:00	7	3:26	25.70	1:29:59	3:30	1	-	5	5:14