



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Linnemannstöns, Anja

Total time: 1:31:35

Club: LC Wiedenbrück

Number: 179

Course: 25.70 km

Rank in course/Total: 46 (of 109)

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

Rank in course/Women: 6 (of 26)

Best time in course: 1:24:45

Category:

Rank in category: 2(of 6)

Seniorinnen 3 (50-54 Jahre)

Best time in the category: 1:27:36

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	17:41	25:15	3	1:37	13	4:16	0.70	17:41	25:15	3	1:37	13	4:16
Wechsel S -> R	-	3:00	-	2	0:24	8	0:51	0.70	20:41	29:32	3	1:18	13	4:14
Schwimmen Total	0.70	20:41	29:32	3	1:18	13	4:14	0.70	20:41	29:32	3	1:18	13	4:14
Rad netto	20.00	44:37	2:13	2	0:24	7	1:04	20.70	1:05:18	3:09	2	1:12	8	5:05
Wechsel R -> L	-	1:38	-	1	-	4	0:17	20.70	1:06:56	3:14	2	0:02	8	5:17
Rad Total	20.00	46:15	2:18	1	-	6	1:03	20.70	1:06:56	3:14	2	0:02	8	5:17
Lauf	5.00	24:39	4:55	2	3:57	9	3:57	25.70	1:31:35	3:33	2	3:59	6	6:50