



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Dietz, Alexandra

Total time: 1:33:47

Club: TSV Hochdahl

Number: 228

Course: 25.70 km

Rank in course/Total: 55 (of 109)

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

Rank in course/Women: 9 (of 26)

Best time in course: 1:24:45

Category:

Rank in category: 2(of 4)

Seniorinnen 1 (40-44 Jahre)

Best time in the category: 1:31:54

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	13:25	19:10	1	-	1	-	0.70	13:25	19:10	1	-	1	-
Wechsel S -> R	-	3:17	-	3	0:43	11	1:08	0.70	16:42	23:51	1	-	2	0:15
Schwimmen Total	0.70	16:42	23:51	1	-	2	0:15	0.70	16:42	23:51	1	-	2	0:15
Rad netto	20.00	46:49	2:20	1	-	9	3:16	20.70	1:03:31	3:04	1	-	5	3:18
Wechsel R -> L	-	2:21	-	3	0:11	20	1:00	20.70	1:05:52	3:10	1	-	6	4:13
Rad Total	20.00	49:10	2:27	1	-	9	3:58	20.70	1:05:52	3:10	1	-	6	4:13
Lauf	5.00	27:55	5:35	3	5:30	18	7:13	25.70	1:33:47	3:38	2	1:53	9	9:02