



Detailed evaluation

Sarah Welsh

Number: 151

Course: 226.00 km
Ultra Triathlon

Category:
Female

Total time: 17:24:31

Speed: 12.98 km/h

Running performance: 4:38 min/km

Rank in course/Total: 74 (of 99)

Rank in course/Women: 5 (of 8)

Best time in course: 14:45:30

Rank in category: 5(of 8)

Best time in the category: 14:45:30

Control	Intermediate times							Stage score				Total ranking			
	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	
Exit Water	-	1:47:13	-	2	30:44	2	30:44	-	1:47:13	-	2	30:44	2	30:44	
Start Bike	-	23:36	-	6	22:01	6	22:01	-	2:10:49	-	2	6:11	2	6:11	
Peak 932	-	1:29:42	-	2	4:38	2	4:38	-	3:40:31	-	2	3:59	2	3:59	
Exit Fv986	-	39:23	-	5	4:15	5	4:15	-	4:19:54	-	2	8:14	2	8:14	
Top Hunnedalen	-	1:02:28	-	5	10:24	5	10:24	-	5:22:22	-	4	12:07	4	12:07	
Byrkjedalstunet	-	1:05:01	-	3	37:17	3	37:17	-	6:27:23	-	3	39:58	3	39:58	
Exit at 113	-	42:08	-	3	2:45	3	2:45	-	7:09:31	-	3	16:40	3	16:40	
Exit E39	-	59:49	-	5	16:38	5	16:38	-	8:09:20	-	4	33:18	4	33:18	
Exit RV44	-	2:03:20	-	5	19:51	5	19:51	-	10:12:40	-	5	51:44	5	51:44	
Off Bike	-	38:03	-	4	5:37	4	5:37	-	10:50:43	-	5	56:29	5	56:29	
Start Run	-	15:11	-	5	12:12	5	12:12	-	11:05:54	-	5	57:33	5	57:33	
Tjelta	-	1:43:26	-	5	36:25	5	36:25	-	12:49:20	-	5	1:33:58	5	1:33:58	
Solastrand Hotel	-	1:12:20	-	5	18:08	5	18:08	-	14:01:40	-	5	1:40:52	5	1:40:52	
Kvernevik 1	-	1:37:46	-	5	23:14	5	23:14	-	15:39:26	-	5	2:00:22	5	2:00:22	
Kvernevik 2	-	21:30	-	5	7:09	5	7:09	-	16:00:56	-	5	2:07:31	5	2:07:31	
Finish	-	1:23:35	-	5	31:30	5	31:30	226.00	17:24:31	-	5	2:39:01	5	2:39:01	