



Detailed evaluation

Synke Schade

Total time: 2:58:49

Number: 25

Course: 37.00 km

Rank in course/Total: 70 (of 74)

Hexengrund-Triathlon 37 km

Rank in course/Women: 16 (of 16)

Best time in course: 2:03:55

Category:

Rank in category: 5(of 5)

AK 40, Seniorinnen 1

Best time in the category: 2:03:55

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	
Schwimmen nett	0.50	16:55	33:50	5	6:13	16	6:13	0.50	16:55	33:50	5	6:13	16	6:13	
Wechsel Schw.-R	-	3:29	-	4	1:33	11	1:51	0.50	20:24	40:47	5	7:38	15	7:38	
Schwimmen Total	0.50	20:24	40:47	5	7:38	15	7:38	0.50	20:24	40:47	5	7:38	15	7:38	
Vorrunde Rad	2.00	7:19	3:39	5	2:16	16	2:28	2.50	27:43	11:05	5	9:29	15	9:29	
Runde Rad	9.00	34:24	3:49	5	13:12	16	13:53	11.50	1:02:07	5:24	5	21:52	16	21:52	
Runde Rad	9.00	34:25	3:49	5	12:31	16	13:35	20.50	1:36:32	4:42	5	34:23	16	35:21	
Runde Rad	9.00	35:44	3:58	5	13:32	16	13:32	29.50	2:12:16	4:29	5	47:55	16	47:55	
Wechsel Rad-Lauf	-	0:10	-	1	-	1	-	29.50	2:12:26	4:29	5	47:32	16	47:32	
Rad Total	29.00	1:52:02	3:51	5	40:12	16	40:12	29.50	2:12:26	4:29	5	47:32	16	47:32	
Runde Laufen	2.50	14:51	5:56	5	2:20	12	3:11	32.00	2:27:17	4:36	5	49:40	16	49:40	
Runde Laufen	2.50	15:33	6:13	5	2:42	12	3:19	34.50	2:42:50	4:43	5	52:00	16	52:00	
Lauf	2.50	15:59	6:23	4	2:54	13	3:57	37.00	2:58:49	4:49	5	54:54	16	54:54	
Lauf Total	7.50	46:23	6:11	5	7:32	12	10:03	37.00	2:58:49	4:49	5	54:54	16	54:54	