



Detailed evaluation

Claudia Paul

Total time: 2:25:04

Club: Team Maisfeld

Number: 11

Course: 37.00 km

Rank in course/Total: 56 (of 74)

Hexengrund-Triathlon 37 km

Rank in course/Women: 10 (of 16)

Best time in course: 2:03:55

Category:

Rank in category: 3(of 4)

AK 45, Seniorinnen 2

Best time in the category: 2:12:44

| 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 | 13:23 | 26:45 | 3 | 0:35 | 9 | 2:41 | 0.50 | 13:23 | 26:45 | 3 | 0:35 | 9 | 2:41 | |
| Wechsel Schw.-R | - | 3:25 | - | 4 | 1:47 | 10 | 1:47 | 0.50 | 16:48 | 33:36 | 3 | 2:19 | 9 | 4:02 | |
| Schwimmen Total | 0.50 | 16:48 | 33:36 | 3 | 2:19 | 9 | 4:02 | 0.50 | 16:48 | 33:36 | 3 | 2:19 | 9 | 4:02 | |
| Vorrunde Rad | 2.00 | 5:27 | 2:43 | 1 | - | 3 | 0:36 | 2.50 | 22:15 | 8:54 | 3 | 2:09 | 9 | 4:01 | |
| Runde Rad | 9.00 | 24:19 | 2:42 | 2 | 1:10 | 8 | 3:48 | 11.50 | 46:34 | 4:02 | 2 | 3:19 | 7 | 6:19 | |
| Runde Rad | 9.00 | 25:01 | 2:46 | 3 | 2:05 | 9 | 4:11 | 20.50 | 1:11:35 | 3:29 | 2 | 5:24 | 8 | 10:24 | |
| Runde Rad | 9.00 | 25:21 | 2:49 | 3 | 1:51 | 9 | 3:09 | 29.50 | 1:36:56 | 3:17 | 2 | 7:15 | 8 | 12:35 | |
| Wechsel Rad-Lau | - | 0:18 | - | 3 | 0:08 | 8 | 0:08 | 29.50 | 1:37:14 | 3:17 | 2 | 7:20 | 8 | 12:20 | |
| Rad Total | 29.00 | 1:20:26 | 2:46 | 2 | 5:01 | 8 | 8:36 | 29.50 | 1:37:14 | 3:17 | 2 | 7:20 | 8 | 12:20 | |
| Runde Laufen | 2.50 | 15:53 | 6:21 | 4 | 2:57 | 14 | 4:13 | 32.00 | 1:53:07 | 3:32 | 3 | 9:24 | 9 | 15:30 | |
| Runde Laufen | 2.50 | 16:12 | 6:28 | 4 | 2:25 | 14 | 3:58 | 34.50 | 2:09:19 | 3:44 | 3 | 11:10 | 10 | 18:29 | |
| Lauf | 2.50 | 15:45 | 6:17 | 4 | 2:09 | 12 | 3:43 | 37.00 | 2:25:04 | 3:55 | 3 | 12:20 | 10 | 21:09 | |
| Lauf Total | 7.50 | 47:50 | 6:22 | 4 | 7:31 | 14 | 11:30 | 37.00 | 2:25:04 | 3:55 | 3 | 12:20 | 10 | 21:09 | |