



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

## evaluación detallada

**Langesberg, Susanne**

tiempo total: 3:23:11

Asociación: TV Flerke Tri Team

Dorsal: 317

recorrido: 55.40 km

posición en el recorrido/Total: 63 (de 71)

Olympische Distanz (1,40-44,00-10,00)

posición en el recorrido/Women: 7 (de 10)

mejor tiempo del recorrido: 2:47:58

categoría:

posición en la categoría: 2(de 2)

Seniorinnen 2 (45-49 Jahre)

mejor tiempo en la categoría: 2:55:02

### tiempos parciales

### stage score

### Total score

| control         | etapa<br>km | etapa<br>tiempo | etapaposisió<br>min/km | retraso |       | retraso |       | Total<br>km | Total<br>tiempo | Total<br>min/km | retraso |       | retraso |       |
|-----------------|-------------|-----------------|------------------------|---------|-------|---------|-------|-------------|-----------------|-----------------|---------|-------|---------|-------|
|                 |             |                 |                        | Wome    | Women | Wome    | Women |             |                 |                 | Wome    | Women |         |       |
| Schwimmen       | 1.40        | 33:41           | 24:03                  | 2       | 5:14  | 6       | 6:48  | 1.40        | 33:41           | 24:03           | 2       | 5:14  | 8       |       |
| Schwimmen nett  | 1.40        | 33:41           | 24:03                  | 2       | 5:14  | 8       |       | 1.40        | 33:41           | 24:03           | 2       | 5:14  | 8       |       |
| Wechsel Schwim  | 0.05        | 3:29            | 69:39                  | 2       | 1:06  | 9       | 1:18  | 1.45        | 37:10           | 25:37           | 2       | 6:20  | 8       |       |
| Schwimmen Tot   | 1.45        | 37:10           | 25:37                  | 2       | 6:20  | 8       |       | 1.45        | 37:10           | 25:37           | 2       | 6:20  | 8       |       |
| ZZ Rad          | 11.00       | 25:42           | 2:20                   | 1       | -     | 7       | 4:23  | 12.45       | 1:02:52         | 5:02            | 2       |       | 7       | 10:53 |
| ZZ Rad          | 11.00       | 27:58           | 2:32                   | 1       | -     | 6       | 3:24  | 23.45       | 1:30:50         | 3:52            | 1       | -     | 6       | 14:15 |
| ZZ Rad          | 11.00       | 28:37           | 2:36                   | 1       | -     | 5       | 4:03  | 34.45       | 1:59:27         | 3:28            | 1       | -     | 5       | 18:04 |
| Rad Ende        | 11.00       | 24:16           | 2:12                   | 2       | 3:00  | 7       | 4:30  | 45.45       | 2:23:43         | 3:09            | 2       | 19:28 | 7       | 21:42 |
| Wechsel Rad-Lau | 0.05        | 2:29            | 49:39                  | 2       | 0:44  | 8       | 1:13  | 45.50       | 2:26:12         | 3:12            | 2       | 20:12 | 7       | 22:55 |
| Rad Total       | 44.05       | 1:49:02         | 2:28                   | 2       | 13:52 | 7       | 15:53 | 45.50       | 2:26:12         | 3:12            | 2       | 20:12 | 7       | 22:55 |
| ZZ Lauf         | 3.33        | 13:36           | 4:05                   | 2       | 2:07  | 7       | 2:42  | 48.83       | 2:39:48         | 3:16            | 2       | 22:19 | 7       | 25:37 |
| ZZ Lauf         | 3.33        | 28:57           | 8:41                   | 1       | -     | 6       | 6:44  | 52.16       | 3:08:45         | 3:37            | 1       | -     | 6       | 32:21 |
| Lauf            | 3.33        | 14:26           | 4:20                   | 1       | -     | 6       | 2:52  | 55.40       | 3:23:11         | 3:40            | 2       | 28:09 | 7       | 35:13 |