



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 |