



## 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      |