



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Hissmann, Sonja

Total time: 2:55:02

Club: 1. Triathlon Club Paderborn

Number: 367

Course: 55.40 km

Rank in course/Total: 37 (of 71)

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

Rank in course/Women: 2 (of 10)

Best time in course: 2:47:58

Category:

Rank in category: 1(of 2)

Seniorinnen 2 (45-49 Jahre)

Best time in the category: 2:55:02

Intermediate times				Stage score				Total ranking						
Control	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	1.40	28:27	20:19	1	-	3	1:34	1.40	28:27	20:19	1	-	3	
Schwimmen Net	1.40	28:27	20:19	1	-	3		1.40	28:27	20:19	1	-	3	
Wechsel Schwim	0.05	2:23	47:39	1	-	2	0:12	1.45	30:50	21:15	1	-	3	
Schwimmen Total	1.45	30:50	21:15	1	-	3		1.45	30:50	21:15	1	-	3	
ZZ Rad	11.00	1:12:09	6:33	2	46:27	9	50:50	12.45	1:42:59	8:16	1	-	2	51:00
ZZ Rad	11.00	fehlt!	-	-	-	-	-	23.45	-	-	-	-	-	-
ZZ Rad	11.00	fehlt!	-	-	-	-	-	34.45	-	-	-	-	-	-
Rad Ende	11.00	21:16	1:56	1	-	5	1:30	45.45	2:04:15	2:44	1	-	2	2:14
Wechsel Rad-Lau	0.05	1:45	35:00	1	-	4	0:29	45.50	2:06:00	2:46	1	-	2	2:43
Rad Total	44.05	1:35:10	2:09	1	-	4	2:01	45.50	2:06:00	2:46	1	-	2	2:43
ZZ Lauf	3.33	11:29	3:26	1	-	2	0:35	48.83	2:17:29	2:48	1	-	2	3:18
ZZ Lauf	3.33	fehlt!	-	-	-	-	-	52.16	-	-	-	-	-	-
Lauf	3.33	37:33	11:16	2	23:07	9	25:59	55.40	2:55:02	3:09	1	-	2	7:04