



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Sander, Conny

Total time: 3:07:25

Club: TriTeam WSU Warendorf

Number: 312

Course: 55.40 km

Rank in course/Total: 54 (of 71)

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

Rank in course/Women: 5 (of 10)

Best time in course: 2:47:58

Category:

Rank in category: 1(of 2)

AK3 weiblich (30-34 Jahre)

Best time in the category: 3:07:25

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	30:03	21:27	1	-	4	3:10	1.40	30:03	21:27	1	-	6	
Schwimmen Net	1.40	30:03	21:27	1	-	6		1.40	30:03	21:27	1	-	6	
Wechsel Schwim	0.05	2:23	47:39	1	-	2	0:12	1.45	32:26	22:22	1	-	6	
Schwimmen Total	1.45	32:26	22:22	1	-	6		1.45	32:26	22:22	1	-	6	
ZZ Rad	11.00	50:11	4:33	2	24:53	8	28:52	12.45	1:22:37	6:38	1	-	5	30:38
ZZ Rad	11.00	26:51	2:26	1	-	5	2:17	23.45	1:49:28	4:40	1	-	4	32:53
ZZ Rad	11.00	fehlt!	-	-	-	-	-	34.45	-	-	-	-	-	-
Rad Ende	11.00	22:03	2:00	1	-	6	2:17	45.45	2:11:31	2:53	1	-	5	9:30
Wechsel Rad-Lau	0.05	1:36	32:00	1	-	3	0:20	45.50	2:13:07	2:55	1	-	5	9:50
Rad Total	44.05	1:40:41	2:17	1	-	6	7:32	45.50	2:13:07	2:55	1	-	5	9:50
ZZ Lauf	3.33	12:58	3:53	1	-	5	2:04	48.83	2:26:05	2:59	1	-	5	11:54
ZZ Lauf	3.33	27:59	8:24	1	-	5	5:46	52.16	2:54:04	3:20	1	-	4	17:40
Lauf	3.33	13:21	4:00	1	-	3	1:47	55.40	3:07:25	3:22	1	-	5	19:27