



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

## Detailed evaluation

van Amstel, Marlies

Total time: 2:51:18

Club: x

Number: 308

Course: 55.40 km

Rank in course/Total: 44 (of 86)

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

Rank in course/Women: 3 (of 17)

Best time in course: 2:47:28

Category:

Rank in category: 1(of 3)

Seniorinnen 1 (40-44 Jahre)

Best time in the category: 2:51:18

### Intermediate times

### Stage score

### Total ranking

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
Schwimmen nett	1.40	24:03	17:10	1	-	1	-	1.40	24:03	17:10	1	-	3	
Wechsel S -> R	-	2:23	-	2	0:15	4	0:17	1.40	26:26	18:52	1	-	3	
Schwimmen Total	1.40	26:26	18:52	1	-	3		1.40	26:26	18:52	1	-	3	
Rad netto	44.00	1:31:20	2:04	1	-	4	3:04	45.40	1:57:46	2:35	1	-	2	0:24
Wechsel R -> L	-	2:08	-	3	0:26	12	0:43	45.40	1:59:54	2:38	3		14	
Rad Total	44.00	1:33:28	2:07	1	-	4	2:59	45.40	1:59:54	2:38	3		14	
Lauf	10.00	51:24	5:08	1	-	7	3:30	55.40	2:51:18	3:05	1	-	3	3:50