



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

Detailed evaluation

Hissmann, Sonja

Total time: 2:54:15

Club: 1. Tri Club Paderborn

Number: 382

Course: 55.40 km

Rank in course/Total: 47 (of 86)

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

Rank in course/Women: 4 (of 17)

Best time in course: 2:47:28

Category:

Rank in category: 2(of 5)

Seniorinnen 2 (45-49 Jahre)

Best time in the category: 2:47:28

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	1.40	28:12	20:08	2	2:20	4	4:09	1.40	28:12	20:08	2	2:20	4	2:20
Wechsel S -> R	-	2:14	-	1	-	3	0:08	1.40	30:26	21:44	2	2:03	4	2:03
Schwimmen Total	1.40	30:26	21:44	2	2:03	4	2:03	1.40	30:26	21:44	2	2:03	4	2:03
Rad netto	44.00	1:34:21	2:08	3	5:22	7	6:05	45.40	2:04:47	2:44	5	7:25	15	7:25
Wechsel R -> L	-	1:34	-	2	0:04	3	0:09	45.40	2:06:21	2:46	1	-	2	4:39
Rad Total	44.00	1:35:55	2:10	3	5:26	7	5:26	45.40	2:06:21	2:46	1	-	2	4:39
Lauf	10.00	47:54	4:47	1	-	1	-	55.40	2:54:15	3:08	2	6:47	4	6:47