



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

Detailed evaluation

Dietz, Alexandra

Total time: 2:55:40

Club: SSC Hochdahl

Number: 342

Course: 55.40 km

Rank in course/Total: 48 (of 86)

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

Rank in course/Women: 5 (of 17)

Best time in course: 2:47:28

Category:

Rank in category: 2(of 3)

Seniorinnen 1 (40-44 Jahre)

Best time in the category: 2:51:18

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	25:23	18:07	2	1:20	2	1:20	1.40	25:23	18:07	2	1:20	5		
Wechsel S -> R	-	2:08	-	1	-	2	0:02	1.40	27:31	19:39	2	1:05	5		
Schwimmen Total	1.40	27:31	19:39	2	1:05	5		1.40	27:31	19:39	2	1:05	5		
Rad netto	44.00	1:34:06	2:08	2	2:46	6	5:50	45.40	2:01:37	2:40	2	3:51	3	4:15	
Wechsel R -> L	-	1:42	-	1	-	8	0:17	45.40	2:03:19	2:42	1	-	3	1:37	
Rad Total	44.00	1:35:48	2:10	2	2:20	6	5:19	45.40	2:03:19	2:42	1	-	3	1:37	
Lauf	10.00	52:21	5:14	3	0:57	9	4:27	55.40	2:55:40	3:10	2	4:22	5	8:12	