



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

Detailed evaluation

Petri, Sonja

Total time: 3:00:31

Club: Tritus SV Neptun Neheim-Hüsten

Number: 305

Course: 55.40 km

Rank in course/Total: 58 (of 86)

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

Rank in course/Women: 7 (of 17)

Best time in course: 2:47:28

Category:

Rank in category: 2(of 4)

AK4 weiblich (35-39 Jahre)

Best time in the category: 2:49:47

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	30:46	21:58	2	2:33	7	6:43	1.40	30:46	21:58	2	2:33	7	4:54
Wechsel S -> R	-	3:14	-	2	1:08	10	1:08	1.40	34:00	24:17	2	3:41	7	5:37
Schwimmen Total	1.40	34:00	24:17	2	3:41	7	5:37	1.40	34:00	24:17	2	3:41	7	5:37
Rad netto	44.00	1:34:41	2:09	2	4:43	8	6:25	45.40	2:08:41	2:50	1	-	4	11:19
Wechsel R -> L	-	2:00	-	3	0:35	11	0:35	45.40	2:10:41	2:52	2	8:59	4	8:59
Rad Total	44.00	1:36:41	2:11	2	5:18	8	6:12	45.40	2:10:41	2:52	2	8:59	4	8:59
Lauf	10.00	49:50	4:59	2	1:45	4	1:56	55.40	3:00:31	3:15	2	10:44	7	13:03