



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

## Detailed evaluation

**Sander, Conny**

**Total time: 3:04:03**

Club: WSU TriTeam Warendorf

Number: 267

Course: 55.40 km

Rank in course/Total: 63 (of 86)

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

Rank in course/Women: 9 (of 17)

Best time in course: 2:47:28

Category:

Rank in category: 2(of 3)

AK3 weiblich (30-34 Jahre)

Best time in the category: 2:59:02

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	31:01	22:09	1	-	8	6:58	1.40	31:01	22:09	2	-	9	5:09
Wechsel S -> R	-	2:25	-	1	-	6	0:19	1.40	33:26	23:52	2	-	9	5:03
Schwimmen Total	1.40	33:26	23:52	2	-	9	5:03	1.40	33:26	23:52	2	-	9	5:03
Rad netto	44.00	1:37:59	2:13	2	9:43	10	9:43	45.40	2:11:25	2:53	1	-	6	14:03
Wechsel R -> L	-	1:37	-	1	-	5	0:12	45.40	2:13:02	2:55	1	-	6	11:20
Rad Total	44.00	1:39:36	2:15	2	8:58	10	9:07	45.40	2:13:02	2:55	1	-	6	11:20
Lauf	10.00	51:01	5:06	1	-	5	3:07	55.40	3:04:03	3:19	2	5:01	9	16:35