



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

Detailed evaluation

Bieker, Britta

Total time: 3:05:14

Club: RSV Werl-Wickede

Number: 392

Course: 55.40 km

Rank in course/Total: 64 (of 86)

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

Rank in course/Women: 10 (of 17)

Best time in course: 2:47:28

Category:

Rank in category: 3(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	31:36	22:34	3	3:23	10	7:33	1.40	31:36	22:34	3	3:23	10	5:44
Wechsel S -> R	-	3:25	-	3	1:19	13	1:19	1.40	35:01	25:00	3	4:42	10	6:38
Schwimmen Total	1.40	35:01	25:00	3	4:42	10	6:38	1.40	35:01	25:00	3	4:42	10	6:38
Rad netto	44.00	1:35:57	2:10	3	5:59	9	7:41	45.40	2:10:58	2:53	2	2:17	7	13:36
Wechsel R -> L	-	1:40	-	2	0:15	7	0:15	45.40	2:12:38	2:55	3	10:56	7	10:56
Rad Total	44.00	1:37:37	2:13	3	6:14	9	7:08	45.40	2:12:38	2:55	3	10:56	7	10:56
Lauf	10.00	52:36	5:15	3	4:31	10	4:42	55.40	3:05:14	3:20	3	15:27	10	17:46