



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

## Detailed evaluation

**Steinhage, Johanna**

**Total time: 3:12:00**

Club: MTG Mannheim Triathlon

Number: 381

Course: 55.40 km

Rank in course/Total: 75 (of 86)

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

Rank in course/Women: 12 (of 17)

Best time in course: 2:47:28

Category:

Rank in category: 1(of 1)

AK2 weiblich (25-29 Jahre)

Best time in the category: 3:12:00

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	33:12	23:42	1	-	11	9:09	1.40	33:12	23:42	1	-	12	7:20
Wechsel S -> R	-	2:24	-	1	-	5	0:18	1.40	35:36	25:25	1	-	12	7:13
Schwimmen Total	1.40	35:36	25:25	1	-	12	7:13	1.40	35:36	25:25	1	-	12	7:13
Rad netto	44.00	1:38:36	2:14	1	-	11	10:20	45.40	2:14:12	2:57	1	-	9	16:50
Wechsel R -> L	-	1:34	-	1	-	3	0:09	45.40	2:15:46	2:59	1	-	9	14:04
Rad Total	44.00	1:40:10	2:16	1	-	11	9:41	45.40	2:15:46	2:59	1	-	9	14:04
Lauf	10.00	56:14	5:37	1	-	12	8:20	55.40	3:12:00	3:27	1	-	12	24:32