



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

## Detailed evaluation

Link, Constanze

Total time: 3:32:52

Club: Tri Team Selm

Number: 387

Course: 55.40 km

Rank in course/Total: 80 (of 86)

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

Rank in course/Women: 13 (of 17)

Best time in course: 2:47:28

Category:

Rank in category: 4(of 5)

Seniorinnen 2 (45-49 Jahre)

Best time in the category: 2:47:28

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	39:29	28:12	5	13:37	15	15:26	1.40	39:29	28:12	4	13:37	13	13:37
Wechsel S -> R	-	3:21	-	4	1:07	12	1:15	1.40	42:50	30:35	4	14:27	13	14:27
Schwimmen Total	1.40	42:50	30:35	4	14:27	13	14:27	1.40	42:50	30:35	4	14:27	13	14:27
Rad netto	44.00	1:44:40	2:22	4	15:41	13	16:24	45.40	2:27:30	3:14	3	30:08	10	30:08
Wechsel R -> L	-	1:44	-	4	0:14	9	0:19	45.40	2:29:14	3:17	3	22:53	10	27:32
Rad Total	44.00	1:46:24	2:25	4	15:55	13	15:55	45.40	2:29:14	3:17	3	22:53	10	27:32
Lauf	10.00	1:03:38	6:21	4	15:44	13	15:44	55.40	3:32:52	3:50	4	45:24	13	45:24