



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

Detailed evaluation

Wolke, Annegret

Total time: 3:40:00

Club: LTV Lippstadt Triathlon

Number: 336

Course: 55.40 km

Rank in course/Total: 82 (of 86)

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

Rank in course/Women: 14 (of 17)

Best time in course: 2:47:28

Category:

Rank in category: 5(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	36:27	26:02	4	10:35	14	12:24	1.40	36:27	26:02	5	10:35	14	10:35
Wechsel S -> R	-	5:01	-	5	2:47	15	2:55	1.40	41:28	29:37	5	13:05	14	13:05
Schwimmen Total	1.40	41:28	29:37	5	13:05	14	13:05	1.40	41:28	29:37	5	13:05	14	13:05
Rad netto	44.00	1:51:42	2:32	5	22:43	14	23:26	45.40	2:33:10	3:22	4	35:48	11	35:48
Wechsel R -> L	-	2:33	-	5	1:03	15	1:08	45.40	2:35:43	3:25	4	29:22	11	34:01
Rad Total	44.00	1:54:15	2:35	5	23:46	14	23:46	45.40	2:35:43	3:25	4	29:22	11	34:01
Lauf	10.00	1:04:17	6:25	5	16:23	14	16:23	55.40	3:40:00	3:58	5	52:32	14	52:32