



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

Detailed evaluation

Keil, Kerstin

Total time: 3:59:59

Club: SSC Hochdahl

Number: 338

Course: 55.40 km

Rank in course/Total: 84 (of 86)

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

Rank in course/Women: 15 (of 17)

Best time in course: 2:47:28

Category:

Rank in category: 1(of 1)

Seniorinnen 3 (50-54 Jahre)

Best time in the category: 3:59:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	1.40	35:12	25:08	1	-	13	11:09	1.40	35:12	25:08	1	-	15	9:20
Wechsel S -> R	-	3:46	-	1	-	14	1:40	1.40	38:58	27:50	1	-	15	10:35
Schwimmen Total	1.40	38:58	27:50	1	-	15	10:35	1.40	38:58	27:50	1	-	15	10:35
Rad netto	44.00	2:03:21	2:48	1	-	15	35:05	45.40	2:42:19	3:34	1	-	12	44:57
Wechsel R -> L	-	2:11	-	1	-	13	0:46	45.40	2:44:30	3:37	1	-	12	42:48
Rad Total	44.00	2:05:32	2:51	1	-	15	35:03	45.40	2:44:30	3:37	1	-	12	42:48
Lauf	10.00	1:15:29	7:32	1	-	15	27:35	55.40	3:59:59	4:19	1	-	15	1:12:31