



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Hissmann, Sonja

Total time: 3:01:40

Club: 1 Tri-Club Paderborn

Number: 417

Course: 55.40 km

Rank in course/Total: 43 (of 87)

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

Rank in course/Women: 1 (of 13)

Best time in course: 3:01:40

Category:

Rank in category: 1(of 4)

Seniorinnen 2 (45-49 Jahre)

Best time in the category: 3:01:40

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	28:39	20:27	2	1:03	4	3:39	1.40	28:39	20:27	2	1:03	4	3:39
Wechsel S -> R	-	3:10	-	2	0:42	3	0:42	1.40	31:49	22:43	2	1:45	4	3:16
Schwimmen Total	1.40	31:49	22:43	2	1:45	4	3:16	1.40	31:49	22:43	2	1:45	4	3:16
Rad netto	44.00	1:36:57	2:12	1	-	2	1:17	45.40	2:08:46	2:50	1	-	2	0:06
Wechsel R -> L	-	2:17	-	2	0:12	2	0:12	45.40	2:11:03	2:53	1	-	1	-
Rad Total	44.00	1:39:14	2:15	1	-	2	1:03	45.40	2:11:03	2:53	1	-	1	-
Lauf	10.00	50:37	5:03	1	-	4	2:48	55.40	3:01:40	3:16	1	-	1	-