



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

## Detailed evaluation

**Kraus, Gudrun**

**Total time: 3:02:54**

Club: ASC Ahlen

Number: 378

Course: 55.40 km

Rank in course/Total: 47 (of 87)

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

Rank in course/Women: 2 (of 13)

Best time in course: 3:01:40

Category:

Rank in category: 1(of 3)

Seniorinnen 4 (55-59 Jahre)

Best time in the category: 3:02:54

### Intermediate times

### Stage score

### Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Schwimmen nett	1.40	30:05	21:29	2	3:30	7	5:05	1.40	30:05	21:29	2	3:30	7	5:05
Wechsel S -> R	-	4:19	-	3	1:20	8	1:51	1.40	34:24	24:34	2	4:07	7	5:51
Schwimmen Total	1.40	34:24	24:34	2	4:07	7	5:51	1.40	34:24	24:34	2	4:07	7	5:51
Rad netto	44.00	1:35:40	2:10	1	-	1	-	45.40	2:10:04	2:51	2	1:24	4	1:24
Wechsel R -> L	-	2:31	-	2	0:05	5	0:26	45.40	2:12:35	2:55	2	0:54	4	1:32
Rad Total	44.00	1:38:11	2:13	1	-	1	-	45.40	2:12:35	2:55	2	0:54	4	1:32
Lauf	10.00	50:19	5:01	1	-	3	2:30	55.40	3:02:54	3:18	1	-	2	1:14