



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Vollbach, Frederike

Total time: 3:04:16

Club: TRC Essen 84

Number: 335

Course: 55.40 km

Rank in course/Total: 49 (of 87)

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

Rank in course/Women: 3 (of 13)

Best time in course: 3:01:40

Category:

Rank in category: 1(of 1)

AK3 weiblich (30-34 Jahre)

Best time in the category: 3:04:16

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	28:53	20:37	1	-	5	3:53	1.40	28:53	20:37	1	-	5	3:53
Wechsel S -> R	-	4:43	-	1	-	10	2:15	1.40	33:36	24:00	1	-	5	5:03
Schwimmen Total	1.40	33:36	24:00	1	-	5	5:03	1.40	33:36	24:00	1	-	5	5:03
Rad netto	44.00	1:39:05	2:15	1	-	5	3:25	45.40	2:12:41	2:55	1	-	6	4:01
Wechsel R -> L	-	2:39	-	1	-	6	0:34	45.40	2:15:20	2:58	1	-	5	4:17
Rad Total	44.00	1:41:44	2:18	1	-	5	3:33	45.40	2:15:20	2:58	1	-	5	4:17
Lauf	10.00	48:56	4:53	1	-	2	1:07	55.40	3:04:16	3:19	1	-	3	2:36