



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Lenhardt, Maria-Luise

Total time: 3:10:24

Club: algemarin Team TuS Griesheim

Number: 365

Course: 55.40 km

Rank in course/Total: 65 (of 87)

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

Rank in course/Women: 6 (of 13)

Best time in course: 3:01:40

Category:

Rank in category: 3(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	27:36	19:42	1	-	3	2:36	1.40	27:36	19:42	1	-	3	2:36
Wechsel S -> R	-	2:28	-	1	-	1	-	1.40	30:04	21:28	1	-	2	1:31
Schwimmen Total	1.40	30:04	21:28	1	-	2	1:31	1.40	30:04	21:28	1	-	2	1:31
Rad netto	44.00	1:39:37	2:15	3	2:40	6	3:57	45.40	2:09:41	2:51	2	0:55	3	1:01
Wechsel R -> L	-	2:05	-	1	-	1	-	45.40	2:11:46	2:54	2	0:43	3	0:43
Rad Total	44.00	1:41:42	2:18	2	2:28	4	3:31	45.40	2:11:46	2:54	2	0:43	3	0:43
Lauf	10.00	58:38	5:51	3	8:01	10	10:49	55.40	3:10:24	3:26	3	8:44	6	8:44