



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Kopasz, Vera

Total time: 3:12:36

Club: Bikeattack Oberberg

Number: 337

Course: 55.40 km

Rank in course/Total: 67 (of 87)

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

Rank in course/Women: 7 (of 13)

Best time in course: 3:01:40

Category:

Rank in category: 3(of 3)

Seniorinnen 4 (55-59 Jahre)

Best time in the category: 3:02:54

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	32:03	22:53	3	5:28	11	7:03	1.40	32:03	22:53	3	5:28	11	7:03
Wechsel S -> R	-	2:59	-	1	-	2	0:31	1.40	35:02	25:01	3	4:45	9	6:29
Schwimmen Total	1.40	35:02	25:01	3	4:45	9	6:29	1.40	35:02	25:01	3	4:45	9	6:29
Rad netto	44.00	1:41:43	2:18	3	6:03	7	6:03	45.40	2:16:45	3:00	3	8:05	8	8:05
Wechsel R -> L	-	2:26	-	1	-	3	0:21	45.40	2:19:11	3:03	3	7:30	8	8:08
Rad Total	44.00	1:44:09	2:22	3	5:58	7	5:58	45.40	2:19:11	3:03	3	7:30	8	8:08
Lauf	10.00	53:25	5:20	2	3:06	6	5:36	55.40	3:12:36	3:28	3	9:42	7	10:56