



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

Detailed evaluation

Dietz, Alexandra

Total time: 3:15:50

Club: TSV Hochdahl

Number: 387

Course: 55.40 km

Rank in course/Total: 71 (of 87)

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

Rank in course/Women: 8 (of 13)

Best time in course: 3:01:40

Category:

Rank in category: 1(of 2)

Seniorinnen 1 (40-44 Jahre)

Best time in the category: 3:15:50

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	25:00	17:51	1	-	1	-	1.40	25:00	17:51	1	-	1	-
Wechsel S -> R	-	3:33	-	1	-	5	1:05	1.40	28:33	20:23	1	-	1	-
Schwimmen Total	1.40	28:33	20:23	1	-	1	-	1.40	28:33	20:23	1	-	1	-
Rad netto	44.00	1:44:14	2:22	2	0:25	9	8:34	45.40	2:12:47	2:55	1	-	7	4:07
Wechsel R -> L	-	2:54	-	1	-	8	0:49	45.40	2:15:41	2:59	1	-	6	4:38
Rad Total	44.00	1:47:08	2:26	2	0:04	9	8:57	45.40	2:15:41	2:59	1	-	6	4:38
Lauf	10.00	1:00:09	6:00	2	3:59	12	12:20	55.40	3:15:50	3:32	1	-	8	14:10