



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

## Detailed evaluation

Zimmermann, Franka

Total time: 3:22:51

Club: Tri Sport Menden

Number: 367

Course: 55.40 km

Rank in course/Total: 78 (of 87)

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

Rank in course/Women: 11 (of 13)

Best time in course: 3:01:40

Category:

Rank in category: 1(of 1)

AK4 weiblich (35-39 Jahre)

Best time in the category: 3:22:51

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	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	1	-	11	7:03	1.40	32:03	22:53	1	-	11	7:03
Wechsel S -> R	-	5:34	-	1	-	12	3:06	1.40	37:37	26:52	1	-	12	9:04
Schwimmen Total	1.40	37:37	26:52	1	-	12	9:04	1.40	37:37	26:52	1	-	12	9:04
Rad netto	44.00	1:54:18	2:35	1	-	12	18:38	45.40	2:31:55	3:20	1	-	12	23:15
Wechsel R -> L	-	3:07	-	1	-	11	1:02	45.40	2:35:02	3:24	1	-	12	23:59
Rad Total	44.00	1:57:25	2:40	1	-	12	19:14	45.40	2:35:02	3:24	1	-	12	23:59
Lauf	10.00	47:49	4:46	1	-	1	-	55.40	3:22:51	3:39	1	-	11	21:11