



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Lanzendörfer, Monica

Total time: 3:09:58

Club: TSV Hochdahl

Number: 337

Course: 55.40 km

Rank in course/Total: 37 (of 59)

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

Rank in course/Women: 5 (of 12)

Best time in course: 2:38:58

Category:

Rank in category: 1(of 2)

Seniorinnen 3 (50-54 Jahre)

Best time in the category: 3:09:58

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	29:33	21:06	1	-	5	4:41	1.40	29:33	21:06	1	-	5	4:41
Wechsel S -> R	-	4:47	-	1	-	9	2:27	1.40	34:20	24:31	1	-	6	7:08
Schwimmen Total	1.40	34:20	24:31	1	-	6	7:08	1.40	34:20	24:31	1	-	6	7:08
Rad netto	44.00	1:39:45	2:16	1	-	5	15:37	45.40	2:14:05	2:57	1	-	6	22:45
Wechsel R -> L	-	2:41	-	1	-	5	0:53	45.40	2:16:46	3:00	1	-	6	23:33
Rad Total	44.00	1:42:26	2:19	1	-	5	16:25	45.40	2:16:46	3:00	1	-	6	23:33
Lauf	10.00	53:12	5:19	1	-	6	7:27	55.40	3:09:58	3:25	1	-	5	31:00