



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

Detailed evaluation

Hoffmann, Andrea

Total time: 3:26:53

Club: RW Kirchhundem

Number: 355

Course: 55.40 km

Rank in course/Total: 51 (of 59)

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

Rank in course/Women: 8 (of 12)

Best time in course: 2:38:58

Category:

Rank in category: 1(of 1)

Seniorinnen 4 (55-59 Jahre)

Best time in the category: 3:26:53

Control	Intermediate times				Stage score				Total ranking					
	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	33:00	23:34	1	-	7	8:08	1.40	33:00	23:34	1	-	7	8:08
Wechsel S -> R	-	4:21	-	1	-	8	2:01	1.40	37:21	26:40	1	-	8	10:09
Schwimmen Total	1.40	37:21	26:40	1	-	8	10:09	1.40	37:21	26:40	1	-	8	10:09
Rad netto	44.00	1:47:29	2:26	1	-	7	23:21	45.40	2:24:50	3:11	1	-	7	33:30
Wechsel R -> L	-	3:20	-	1	-	9	1:32	45.40	2:28:10	3:15	1	-	7	34:57
Rad Total	44.00	1:50:49	2:31	1	-	8	24:48	45.40	2:28:10	3:15	1	-	7	34:57
Lauf	10.00	58:43	5:52	1	-	9	12:58	55.40	3:26:53	3:44	1	-	8	47:55