



23. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 24.08.2008

Detailed evaluation

Nendzynski, Frank

Total time: 1:10:17

Club: Friedrichroda

Number: 377

Course: 14.60 km

Rank in course/Total: 35 (of 45)

Jedermann Cross-Triathlon 0,4-9,2-5

Rank in course/Men: 31 (of 38)

Best time in course: 51:32

Category:

Rank in category: 13(of 17)

Senioren

Best time in the category: 55:58

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	km/h	Cat.	Cat.	Men	Men	km	Time	km/h	Cat.	Cat.	Men	Men
Schwimmen	0.40	13:47	1.74	17	6:47	38	6:47	0.40	13:47	1.74	6	3:11	12	2:53
Rad	9.20	27:41	19.94	14	4:58	30	5:52	9.60	41:28	13.89	6	6:01	12	3:25
Lauf	5.00	28:49	10.41	11	5:14	27	7:02	14.60	1:10:17	12.46	13	14:19	31	18:45