



23. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 24.08.2008

Detailed evaluation

Swiderski, Jan

Total time: 57:52

Club: WSC07 Ruhla

Number: 376

Course: 14.60 km

Rank in course/Total: 5 (of 45)

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

Rank in course/Men: 5 (of 38)

Best time in course: 51:32

Category:

Rank in category: 2(of 17)

Senioren

Best time in the category: 55:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen	0.40	9:46	2.46	6	2:46	14	2:46	0.40	9:46	2.46	17			24	
Rad	9.20	24:10	22.84	3	1:27	8	2:21	9.60	33:56	16.97	17			24	
Lauf	5.00	23:56	12.53	3	0:21	6	2:09	14.60	57:52	15.14	2	1:54	5	6:20	