



24. stz-Werrataltriathlon

Naherholungszentrum Immelborn / 09.08.2009

Detailed evaluation

Roth, Ralf

Total time: 1:03:05

Club: Zahnarztpraxis

Number: 296

Course: 15.00 km

Rank in course/Total: 25 (of 55)

Jedermann Triathlon 0,4-9,2-5

Rank in course/Men: 23 (of 42)

Best time in course: 50:52

Category:

Rank in category: 11(of 24)

Senioren

Best time in the category: 53:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Men	Behind Men	km	Time	km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.40	10:51	0.00	12	3:29	30	3:29	0.40	10:51	0.00	15	0:41	2	
Rad	9.20	23:46	22.72	7	2:58	19	2:58	9.60	34:37	15.60	14		2	
Lauf	5.40	28:28	10.54	11	4:46	23	6:39	15.00	1:03:05	14.27	11	10:00	23	12:13