



24. stz-Werrataltriathlon

Naherholungszentrum Immelborn / 09.08.2009

Detailed evaluation

Nendzynski, Frank

Total time: 1:08:26

Club: Friedrichroda

Number: 278

Course: 15.00 km

Rank in course/Total: 35 (of 55)

Jedermann Triathlon 0,4-9,2-5

Rank in course/Men: 31 (of 42)

Best time in course: 50:52

Category:

Rank in category: 16(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	13:02	0.00	21	5:40	39	5:40	0.40	13:02	0.00	10	2:52	10	0:07
Rad	9.20	26:06	20.69	17	5:18	30	5:18	9.60	39:08	13.80	9	3:10	10	2:44
Lauf	5.40	29:18	10.24	12	5:36	25	7:29	15.00	1:08:26	13.15	16	15:21	31	17:34