



24. stz-Werrataltriathlon

Naherholungszentrum Immelborn / 09.08.2009

Detailed evaluation

Swiderski, Jan

Total time: 54:24

Club: WSC 07 Ruhla

Number: 289

Course: 15.00 km

Rank in course/Total: 5 (of 55)

Jedermann Triathlon 0,4-9,2-5

Rank in course/Men: 5 (of 42)

Best time in course: 50:52

Category:

Rank in category: 3(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen	0.40	8:29	0.00	2	1:07	4	1:07	0.40	8:29	0.00	22			26	
Rad	9.20	22:13	24.31	4	1:25	7	1:25	9.60	30:42	17.59	22			22	
Lauf	5.40	23:42	12.66	1	-	4	1:53	15.00	54:24	16.54	3	1:19		5	3:32