



25. stz-Werrataltriathlon

Naherholungszentrum Immelborn / 18.07.2010

Detailed evaluation

Roth, Ralf

Total time: 1:04:29

Club: Kogatan Bad Salzungen

Number: 190

Course: 15.00 km

Rank in course/Total: 20 (of 48)

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

Rank in course/Men: 19 (of 40)

Best time in course: 54:57

Category:

Rank in category: 9(of 19)

Senioren

Best time in the category: 54:57

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	10:52	2.21	4	0:51	12	2:27	0.40	10:52	2.21	12			39
Rad	9.20	24:59	22.09	8	3:33	17	3:33	9.60	35:51	16.07	12			39
Lauf	5.40	28:38	11.32	12	5:08	24	5:08	15.00	1:04:29	13.96	9	9:32	19	9:32