



25. stz-Werrataltriathlon

Naherholungszentrum Immelborn / 18.07.2010

Detailed evaluation

Heiderich, Ronald

Total time: 1:08:48

Club: Eisenach

Number: 162

Course: 15.00 km

Rank in course/Total: 30 (of 48)

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

Rank in course/Men: 27 (of 40)

Best time in course: 54:57

Category:

Rank in category: 13(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	12:49	0.00	14	2:48	31	4:24	0.40	12:49	0.00	8		7	0:02
Rad	9.20	26:17	20.55	13	4:51	25	4:51	9.60	39:06	13.81	8		7	
Lauf	5.40	29:42	10.10	14	6:12	27	6:12	15.00	1:08:48	13.08	13	13:51	27	13:51