



25. stz-Werrataltriathlon

Naherholungszentrum Immelborn / 18.07.2010

Detailed evaluation

Amarell, Ludwig

Total time: 1:09:57

Club: GMRV LG Süd

Number: 161

Course: 15.00 km

Rank in course/Total: 34 (of 48)

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

Rank in course/Men: 30 (of 40)

Best time in course: 54:57

Category:

Rank in category: 15(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	14:53	0.00	19	4:52	40	6:28	0.40	14:53	0.00	6	1:08	10	2:06
Rad	9.20	28:26	18.99	15	7:00	35	7:00	9.60	43:19	12.47	6	2:47	10	1:27
Lauf	5.40	26:38	11.26	10	3:08	17	3:08	15.00	1:09:57	12.87	15	15:00	30	15:00