



25. stz-Werrataltriathlon

Naherholungszentrum Immelborn / 18.07.2010

Detailed evaluation

Nendzynski, Frank

Total time: 1:11:26

Club: Schachclub Waltershausen

Number: 183

Course: 15.00 km

Rank in course/Total: 38 (of 48)

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

Rank in course/Men: 33 (of 40)

Best time in course: 54:57

Category:

Rank in category: 17(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	13:56	0.00	18	3:55	37	5:31	0.40	13:56	0.00	4	0:11	13	1:09
Rad	9.20	28:27	18.98	16	7:01	36	7:01	9.60	42:23	12.74	4	1:51	13	0:31
Lauf	5.40	29:03	10.33	13	5:33	25	5:33	15.00	1:11:26	12.60	17	16:29	33	16:29