



26. stz-Werratal-Triathlon/6. Jedermann Triathlon

Naherholungszentrum Immelborn / 07.08.2011

Detailed evaluation

Nendzynski, Frank

Total time: 1:11:39

Club: Schachklub Waltershausen

Number: 129

Course: 19.30 km

Rank in course/Total: 43 (of 50)

Jedermann-Triathlon 0,3-14,0-5,0

Rank in course/Men: 37 (of 41)

Best time in course: 50:39

Category:

Rank in category: 16(of 17)

Senioren

Best time in the category: 59:19

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Schwimmen	0.30	10:39	35:30	14	3:05	38	4:25	0.30	10:39	35:30	3	2:27	18	0:01
Rad	14.00	30:50	2:12	16	7:16	38	9:27	14.30	41:29	2:54	3	5:14	17	0:18
Lauf	5.00	30:10	6:01	13	5:21	33	10:09	19.30	1:11:39	3:42	16	12:20	37	21:00