



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

Naherholungszentrum Immelborn / 07.08.2011

Detailed evaluation

Swiderski, Jan

Total time: 2:43:36

Club: WSC 07 Ruhla

Number: 30

Course: 53.50 km

Rank in course/Total: 30 (of 40)

stz-Werrataltriathlon 1,5-40-10.00

Rank in course/Men: 27 (of 32)

Best time in course: 1:59:47

Category:

Rank in category: 6(of 6)

TM 45-49, Senioren 2

Best time in the category: 2:16:40

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	1.50	28:53	19:15	6	8:47	29	10:01	1.50	28:53	19:15	5	3:26	7	3:51
Rad	42.00	1:24:45	2:01	6	16:29	28	19:31	43.50	1:53:38	2:36	5	19:55	7	13:23
Lauf	10.00	49:58	4:59	6	8:53	25	15:24	53.50	2:43:36	3:03	6	26:56	27	43:49