



27. st- Werratal-Triathlon und 7. Jedermann-Triathlon
 Naherholungszentrum Immelborn / 05.08.2012

Detailed evaluation

Heiderich, Sebastian

Total time: 2:35:23

Club: Triathlon Barchfeld
 Number: 280

Course: 53.50 km
 stz-Werrataltriathlon 1,5-40-10.00

Rank in course/Total: 22 (of 60)
 Rank in course/Men: 20 (of 47)
 Best time in course: 2:10:21

Category:
 TM 35-39

Rank in category: 2(of 5)
 Best time in the category: 2:17:44

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	1.50	37:05	24:43	3	6:32	31	12:06	1.50	37:05	24:43	3	6:32	46	
Schwimmen Total	1.50	37:05												
Rad	40.00	1:11:35	1:47	2	3:38	14	11:51	41.50	1:48:40	2:37	4	0:18	35	
Rad Total	40.00	1:11:35												
Lauf	10.00	46:43	4:40	2	7:31	27	8:37	53.50	2:35:23	2:54	2	17:39	21	25:02
Lauf Total	52.00	2:35:23												