



28. stz-Werratal-Triathlon 2013 und 8. Jedermann Triathlon  
 Naherholungszentrum Immelborn / 04.08.2013

Detailed evaluation

Ziran, Helmut

Total time: 2:36:58

Club: 1st Choice Racing Team

Number: 268

Course: 51.50 km

Rank in course/Total: 19 (of 73)

stz-Werrataltriathlon 1,5-40-10.00

Rank in course/Men: 18 (of 61)

Best time in course: 2:03:37

Category:

Rank in category: 2(of 10)

TM 45-49, Senioren 2

Best time in the category: 2:30:53

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	26:02	17:21	2	2:24	11	6:16	1.50	26:02	17:21	2	2:24	49	
Rad	40.00	1:14:46	1:52	2	2:03	21	12:49	41.50	1:40:48	2:25	2	0:59	49	
Lauf	10.00	56:10	5:36	5	5:06	24	14:16	51.50	2:36:58	3:02	2	6:05	18	33:21