



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

Detailed evaluation

Holze, Erik

Total time: 2:49:24

Club: Sangerhausen

Number: 238

Course: 51.50 km

Rank in course/Total: 38 (of 73)

stz-Werrataltriathlon 1,5-40-10.00

Rank in course/Men: 36 (of 61)

Best time in course: 2:03:37

Category:

Rank in category: 6(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  | 33:52   | 22:34  | 7    | 10:14  | 50  | 14:06  | 1.50  | 33:52   | 22:34  | 4    | 10:14  | 2   | 2:20   |
| Rad       | 40.00 | 1:21:37 | 2:02   | 6    | 8:54   | 46  | 19:40  | 41.50 | 1:55:29 | 2:46   | 4    | 15:40  | 2   | 1:27   |
| Lauf      | 10.00 | 53:55   | 5:23   | 2    | 2:51   | 16  | 12:01  | 51.50 | 2:49:24 | 3:17   | 6    | 18:31  | 36  | 45:47  |