



29. stz-Werratal-Triathlon / 9. Jedermann Triathlon  
 Naherholungszentrum Immelborn / 03.08.2014

Detailed evaluation

Malzahn, Helger

Total time: 1:19:28

Club: RTV Haselgrund

Number: 311

Course: 25.40 km

Rank in course/Total: 35 (of 86)

Jedermann-Triathlon 0,4-20,0-5,0

Rank in course/Men: 32 (of 68)

Best time in course: 1:06:17

Category:

Rank in category: 10(of 21)

Männer 30-39 Jahre

Best time in the category: 1:09:50

| 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          | 0.40     | 12:26      | 31:04        | 17          | 3:06        | 49      | 5:10       | 0.40          | 12:26      | 31:04        | 14       | 1:26        | 54      | 1:31       |
| Rad                | 20.00    | 43:18      | 2:09         | 10          | 4:50        | 28      | 7:05       | 20.40         | 55:44      | 2:43         | 14       |             | 54      |            |
| Lauf               | 5.00     | 23:44      | 4:44         | 10          | 4:16        | 36      | 5:46       | 25.40         | 1:19:28    | 3:07         | 10       | 9:38        | 32      | 13:11      |