



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

Detailed evaluation

Hermann, Jan

Total time: 1:19:35

Club: Fitnessoase Ohrdruf

Number: 373

Course: 25.40 km

Rank in course/Total: 38 (of 86)

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

Rank in course/Men: 36 (of 68)

Best time in course: 1:06:17

Category:

Rank in category: 11(of 21)

Männer 30-39 Jahre

Best time in the category: 1:09:50

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	0.40	11:00	27:30	10	1:40	29	3:44	0.40	11:00	27:30	1	-	17	0:05
Rad	20.00	44:58	2:14	13	6:30	38	8:45	20.40	55:58	2:44	1	-	17	
Lauf	5.00	23:37	4:43	9	4:09	34	5:39	25.40	1:19:35	3:07	11	9:45	36	13:18