



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

Detailed evaluation

Rutkowski, Nils

Total time: 1:22:12

Club: Sportteam Steinbach
 Number: 321

Course: 25.40 km
 Jedermann-Triathlon 0,4-20,0-5,0

Rank in course/Total: 48 (of 86)
 Rank in course/Men: 44 (of 68)
 Best time in course: 1:06:17

Category:
 Männer 50-59 Jahre

Rank in category: 5(of 13)
 Best time in the category: 1:09:58

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	10:55	27:17	3	1:24	27	3:39	0.40	10:55	27:17	5	0:39	1	-
Rad	20.00	48:46	2:26	9	8:53	58	12:33	20.40	59:41	2:55	5	9:32	1	-
Lauf	5.00	22:31	4:30	5	2:42	25	4:33	25.40	1:22:12	3:14	5	12:14	44	15:55