



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

Detailed evaluation

Lämmerhirt, Dennis

Total time: 2:19:07

Club: 1. Eichsfelder Sportclub e.V.
 Number: 153

Course: 51.50 km
 stz-Werrataltriathlon 1,5-40-10.00

Rank in course/Total: 8 (of 57)
 Rank in course/Men: 8 (of 48)
 Best time in course: 2:07:07

Category:
 TM 30-34

Rank in category: 2(of 7)
 Best time in the category: 2:18:19

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	28:33	19:02	3	3:03	13	8:28	1.50	28:33	19:02	2	3:03	33	
Rad	40.00	1:10:19	1:45	2	0:02	7	38:33	41.50	1:38:52	2:22	2	3:05	31	
Lauf	10.00	40:15	4:01	1	-	7	3:46	51.50	2:19:07	2:42	2	0:48	8	12:00