



# 30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

## Detailed evaluation

Lämmerhirt, Dennis

Total time: 2:23:39

Club: 1. Eichsfelder Sportclub e.V.

Number: 6

Course: 55.50 km

Rank in course/Total: 8 (of 67)

Olympische Distanz 1,5-44-10.00

Rank in course/Men: 8 (of 51)

Best time in course: 2:12:20

Category:

Rank in category: 2(of 8)

TM 30-34

Best time in the category: 2:17:04

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 nett	1.50	28:13	18:48	4	4:16	16	6:30	1.50	28:13	18:48	4	4:16	16	6:30
Wechsel S -> R	0.05	1:18	26:00	5	0:37	29	0:45	1.55	29:31	19:02	4	4:53	16	7:08
Schwimmen Total	1.55	29:31	19:02	4	4:53	16	7:08	1.55	29:31	19:02	4	4:53	16	7:08
Rad netto	44.00	1:12:22	1:38	1	-	6	3:18	45.55	1:41:53	2:14	3	2:01	9	8:00
Wechsel R -> L	0.05	0:41	13:39	1	-	3	0:07	45.60	1:42:34	2:14	3	1:59	9	8:06
Rad Total	44.05	1:13:03	1:39	1	-	6	3:11	45.60	1:42:34	2:14	3	1:59	9	8:06
Lauf	9.90	41:05	4:08	3	4:51	13	4:51	55.50	2:23:39	2:35	2	6:35	8	11:19