



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Malzahn, Kai

Total time: 2:24:25

Club: RTV Haselgrund e.V.

Number: 14

Course: 55.50 km

Rank in course/Total: 10 (of 67)

Olympische Distanz 1,5-44-10.00

Rank in course/Men: 10 (of 51)

Best time in course: 2:12:20

Category:

Rank in category: 3(of 8)

TM 35-39

Best time in the category: 2:16:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	1.50	30:48	20:32	6	9:05	30	9:05	1.50	30:48	20:32	6	9:05	30	9:05
Wechsel S -> R	0.05	1:17	25:40	7	0:37	28	0:44	1.55	32:05	20:41	6	9:42	28	9:42
Schwimmen Total	1.55	32:05	20:41	6	9:42	28	9:42	1.55	32:05	20:41	6	9:42	28	9:42
Rad netto	44.00	1:13:34	1:40	3	3:02	8	4:30	45.55	1:45:39	2:19	3	11:45	11	11:46
Wechsel R -> L	0.05	0:39	13:00	2	0:05	2	0:05	45.60	1:46:18	2:19	3	11:50	11	11:50
Rad Total	44.05	1:14:13	1:41	3	2:50	8	4:21	45.60	1:46:18	2:19	3	11:50	11	11:50
Lauf	9.90	38:07	3:51	1	-	6	1:53	55.50	2:24:25	2:36	3	8:15	10	12:05