



# 30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

## Detailed evaluation

**Bräuer, Jan**

**Total time: 2:25:01**

Club: KS-Sportsworld

Number: 17

Course: 55.50 km

Rank in course/Total: 11 (of 67)

Olympische Distanz 1,5-44-10.00

Rank in course/Men: 11 (of 51)

Best time in course: 2:12:20

Category:

Rank in category: 1(of 7)

TM 40-44, Senioren 1

Best time in the category: 2:25:01

### 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	28:19	18:52	3	0:57	18	6:36	1.50	28:19	18:52	3	0:57	18	6:36
Wechsel S -> R	0.05	1:07	22:19	2	0:01	19	0:34	1.55	29:26	18:59	3	0:33	15	7:03
Schwimmen Total	1.55	29:26	18:59	3	0:33	15	7:03	1.55	29:26	18:59	3	0:33	15	7:03
Rad netto	44.00	1:11:05	1:36	1	-	4	2:01	45.55	1:40:31	2:12	1	-	7	6:38
Wechsel R -> L	0.05	0:53	17:39	1	-	13	0:19	45.60	1:41:24	2:13	1	-	7	6:56
Rad Total	44.05	1:11:58	1:38	1	-	4	2:06	45.60	1:41:24	2:13	1	-	7	6:56
Lauf	9.90	43:37	4:24	2	0:46	25	7:23	55.50	2:25:01	2:36	1	-	11	12:41