



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 |