



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Lindner, Thomas

Total time: 2:26:45

Club: LAG Wesertal

Number: 32

Course: 55.50 km

Rank in course/Total: 15 (of 67)

Olympische Distanz 1,5-44-10.00

Rank in course/Men: 15 (of 51)

Best time in course: 2:12:20

Category:

Rank in category: 1(of 7)

TM 50-54, Senioren 3

Best time in the category: 2:26:45

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	30:43	20:28	3	2:25	26	9:00	1.50	30:43	20:28	3	2:25	26	9:00
Wechsel S -> R	0.05	1:05	21:39	2	0:06	17	0:32	1.55	31:48	20:30	3	1:46	26	9:25
Schwimmen Total	1.55	31:48	20:30	3	1:46	26	9:25	1.55	31:48	20:30	3	1:46	26	9:25
Rad netto	44.00	1:14:12	1:41	1	-	12	5:08	45.55	1:46:00	2:19	1	-	13	12:07
Wechsel R -> L	0.05	1:20	26:39	5	0:36	40	0:46	45.60	1:47:20	2:21	1	-	14	12:52
Rad Total	44.05	1:15:32	1:42	1	-	13	5:40	45.60	1:47:20	2:21	1	-	14	12:52
Lauf	9.90	39:25	3:58	1	-	7	3:11	55.50	2:26:45	2:38	1	-	15	14:25