



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Ernst, Volkmar

Total time: 2:28:03

Club: Saalfelder Lv

Number: 33

Course: 55.50 km

Rank in course/Total: 16 (of 67)

Olympische Distanz 1,5-44-10.00

Rank in course/Men: 16 (of 51)

Best time in course: 2:12:20

Category:

Rank in category: 2(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. | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Schwimmen nett | 1.50 | 30:46 | 20:30 | 5 | 2:28 | 29 | 9:03 | 1.50 | 30:46 | 20:30 | 5 | 2:28 | 29 | 9:03 |
| Wechsel S -> R | 0.05 | 1:08 | 22:39 | 3 | 0:09 | 21 | 0:35 | 1.55 | 31:54 | 20:34 | 4 | 1:52 | 27 | 9:31 |
| Schwimmen Total | 1.55 | 31:54 | 20:34 | 4 | 1:52 | 27 | 9:31 | 1.55 | 31:54 | 20:34 | 4 | 1:52 | 27 | 9:31 |
| Rad netto | 44.00 | 1:15:58 | 1:43 | 2 | 1:46 | 16 | 6:54 | 45.55 | 1:47:52 | 2:22 | 2 | 1:52 | 20 | 13:59 |
| Wechsel R -> L | 0.05 | 0:44 | 14:39 | 1 | - | 6 | 0:10 | 45.60 | 1:48:36 | 2:22 | 2 | 1:16 | 19 | 14:08 |
| Rad Total | 44.05 | 1:16:42 | 1:44 | 2 | 1:10 | 16 | 6:50 | 45.60 | 1:48:36 | 2:22 | 2 | 1:16 | 19 | 14:08 |
| Lauf | 9.90 | 39:27 | 3:59 | 2 | 0:02 | 8 | 3:13 | 55.50 | 2:28:03 | 2:40 | 2 | 1:18 | 16 | 15:43 |