



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Seeber, Stefan

Total time: 2:33:10

Club: LTV Erfurt

Number: 66

Course: 55.50 km

Rank in course/Total: 21 (of 67)

Olympische Distanz 1,5-44-10.00

Rank in course/Men: 21 (of 51)

Best time in course: 2:12:20

Category:

Rank in category: 4(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			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	27:41	18:27	2	0:19	11	5:58	1.50	27:41	18:27	2	0:19	11	5:58
Wechsel S -> R	0.05	1:12	23:59	3	0:06	24	0:39	1.55	28:53	18:38	1	-	12	6:30
Schwimmen Total	1.55	28:53	18:38	1	-	12	6:30	1.55	28:53	18:38	1	-	12	6:30
Rad netto	44.00	1:17:26	1:45	4	6:21	22	8:22	45.55	1:46:19	2:20	2	5:48	15	12:26
Wechsel R -> L	0.05	1:13	24:19	3	0:20	35	0:39	45.60	1:47:32	2:21	2	6:08	15	13:04
Rad Total	44.05	1:18:39	1:47	4	6:41	23	8:47	45.60	1:47:32	2:21	2	6:08	15	13:04
Lauf	9.90	45:38	4:36	5	2:47	33	9:24	55.50	2:33:10	2:45	4	8:09	21	20:50