



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

koob, Stefan

Total time: 1:09:36

Club: Dietzhausen

Number: 1014

Course: 27.45 km

Rank in course/Total: 7 (of 88)

Jedermann-Triathlon 0,45-22,0-5,0

Rank in course/Men: 7 (of 73)

Best time in course: 57:57

Category:

Rank in category: 2(of 18)

Männer 30-39 Jahre

Best time in the category: 1:05:13

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	0.45	9:26	20:57	4	0:37	15	3:27	0.45	9:26	20:57	4	0:37	15	3:27	
Wechsel S -> R	0.05	1:22	27:19	4	0:29	26	0:49	0.50	10:48	21:36	3	0:54	15	4:16	
Schwimmen Total	0.50	10:48	21:36	3	0:54	15	4:16	0.50	10:48	21:36	3	0:54	15	4:16	
Rad netto	22.00	38:57	1:46	2	3:14	10	5:24	22.50	49:45	2:12	2	2:46	9	9:40	
Wechsel R -> L	0.05	0:44	14:39	4	0:13	18	0:15	22.55	50:29	2:14	2	2:42	9	9:55	
Rad Total	22.05	39:41	1:47	2	3:10	10	5:39	22.55	50:29	2:14	2	2:42	9	9:55	
Lauf	4.90	19:07	3:54	2	1:41	7	1:44	27.45	1:09:36	2:32	2	4:23	7	11:39	