



# 30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

## Detailed evaluation

**Rosenbaum, Ralf**

**Total time: 2:36:38**

Club: Triathlon Friedrichroda e.V

Number: 28

Course: 55.50 km

Rank in course/Total: 27 (of 67)

Olympische Distanz 1,5-44-10.00

Rank in course/Men: 26 (of 51)

Best time in course: 2:12:20

Category:

Rank in category: 4(of 11)

TM 45-49, Senioren 2

Best time in the category: 2:23:15

### 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	32:34	21:42	7	6:15	38	10:51	1.50	32:34	21:42	7	6:15	38	10:51
Wechsel S -> R	0.05	1:16	25:19	6	0:27	26	0:43	1.55	33:50	21:49	7	6:39	37	11:27
Schwimmen Total	1.55	33:50	21:49	7	6:39	37	11:27	1.55	33:50	21:49	7	6:39	37	11:27
Rad netto	44.00	1:17:25	1:45	4	3:16	21	8:21	45.55	1:51:15	2:26	5	9:55	26	17:22
Wechsel R -> L	0.05	1:01	20:19	3	0:12	24	0:27	45.60	1:52:16	2:27	5	10:00	27	17:48
Rad Total	44.05	1:18:26	1:46	4	3:21	22	8:34	45.60	1:52:16	2:27	5	10:00	27	17:48
Lauf	9.90	44:22	4:28	4	3:23	27	8:08	55.50	2:36:38	2:49	4	13:23	26	24:18