



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Volk, Tino

Total time: 2:41:18

Club: Triathlon Friedrichroda

Number: 26

Course: 55.50 km

Rank in course/Total: 32 (of 67)

Olympische Distanz 1,5-44-10.00

Rank in course/Men: 30 (of 51)

Best time in course: 2:12:20

Category:

Rank in category: 6(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	1.50	35:37	23:44	9	9:18	44	13:54	1.50	35:37	23:44	9	9:18	44	13:54
Wechsel S -> R	0.05	2:22	47:19	9	1:33	47	1:49	1.55	37:59	24:30	9	10:48	46	15:36
Schwimmen Total	1.55	37:59	24:30	9	10:48	46	15:36	1.55	37:59	24:30	9	10:48	46	15:36
Rad netto	44.00	1:20:35	1:49	5	6:26	28	11:31	45.55	1:58:34	2:36	7	17:14	35	24:41
Wechsel R -> L	0.05	1:06	22:00	7	0:17	31	0:32	45.60	1:59:40	2:37	6	17:24	35	25:12
Rad Total	44.05	1:21:41	1:51	5	6:36	28	11:49	45.60	1:59:40	2:37	6	17:24	35	25:12
Lauf	9.90	41:38	4:12	2	0:39	14	5:24	55.50	2:41:18	2:54	6	18:03	30	28:58