



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Nehrdica, Marcus

Total time: 2:42:08

Club: Dorndorf

Number: 73

Course: 55.50 km

Rank in course/Total: 35 (of 67)

Olympische Distanz 1,5-44-10.00

Rank in course/Men: 33 (of 51)

Best time in course: 2:12:20

Category:

Rank in category: 6(of 8)

TM 30-34

Best time in the category: 2:17:04

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	43:17	28:51	8	19:20	50	21:34	1.50	43:17	28:51	8	19:20	50	21:34
Wechsel S -> R	0.05	1:10	23:19	4	0:29	23	0:37	1.55	44:27	28:40	8	19:49	50	22:04
Schwimmen Total	1.55	44:27	28:40	8	19:49	50	22:04	1.55	44:27	28:40	8	19:49	50	22:04
Rad netto	44.00	1:14:09	1:41	3	1:47	10	5:05	45.55	1:58:36	2:36	7	18:44	36	24:43
Wechsel R -> L	0.05	1:03	21:00	6	0:22	25	0:29	45.60	1:59:39	2:37	7	19:04	34	25:11
Rad Total	44.05	1:15:12	1:42	3	2:09	11	5:20	45.60	1:59:39	2:37	7	19:04	34	25:11
Lauf	9.90	42:29	4:17	5	6:15	18	6:15	55.50	2:42:08	2:55	6	25:04	33	29:48