



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Gießmann, Andrea

Total time: 2:43:10

Club: LTV Erfurt

Number: 44

Course: 55.50 km

Rank in course/Total: 37 (of 67)

Olympische Distanz 1,5-44-10.00

Rank in course/Women: 3 (of 16)

Best time in course: 2:35:33

Category:

Rank in category: 1(of 1)

TW 35-39

Best time in the category: 2:43:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	1.50	32:39	21:45	1	-	9	7:44	1.50	32:39	21:45	1	-	9	7:44
Wechsel S -> R	0.05	0:49	16:19	1	-	1	-	1.55	33:28	21:35	1	-	8	7:35
Schwimmen Total	1.55	33:28	21:35	1	-	8	7:35	1.55	33:28	21:35	1	-	8	7:35
Rad netto	44.00	1:26:46	1:58	1	-	6	7:34	45.55	2:00:14	2:38	1	-	9	12:11
Wechsel R -> L	0.05	0:40	13:19	1	-	1	-	45.60	2:00:54	2:39	1	-	8	11:29
Rad Total	44.05	1:27:26	1:59	1	-	5	6:52	45.60	2:00:54	2:39	1	-	8	11:29
Lauf	9.90	42:16	4:16	1	-	1	-	55.50	2:43:10	2:56	1	-	3	7:37