



# 30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

## Detailed evaluation

Rutkowski, Josefine

Total time: 2:45:05

Club: PSV Meiningen

Number: 40

Course: 55.50 km

Rank in course/Total: 40 (of 67)

Olympische Distanz 1,5-44-10.00

Rank in course/Women: 5 (of 16)

Best time in course: 2:35:33

Category:

Rank in category: 3(of 4)

TW 25-29

Best time in the category: 2:35:33

### 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	26:02	17:21	1	-	2	1:07	1.50	26:02	17:21	1	-	2	1:07
Wechsel S -> R	0.05	0:51	17:00	1	-	2	0:02	1.55	26:53	17:20	1	-	2	1:00
Schwimmen Total	1.55	26:53	17:20	1	-	2	1:00	1.55	26:53	17:20	1	-	2	1:00
Rad netto	44.00	1:31:36	2:04	4	12:24	11	12:24	45.55	1:58:29	2:36	4	10:26	7	10:26
Wechsel R -> L	0.05	0:44	14:39	2	0:04	3	0:04	45.60	1:59:13	2:36	4	9:48	6	9:48
Rad Total	44.05	1:32:20	2:05	4	11:46	10	11:46	45.60	1:59:13	2:36	4	9:48	6	9:48
Lauf	9.90	45:52	4:37	2	1:29	3	3:36	55.50	2:45:05	2:58	3	9:32	5	9:32