



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Pust, Alexander

Total time: 2:49:37

Club: 1. Eichsfelder Sportclub e.V.

Number: 72

Course: 55.50 km

Rank in course/Total: 45 (of 67)

Olympische Distanz 1,5-44-10.00

Rank in course/Men: 38 (of 51)

Best time in course: 2:12:20

Category:

Rank in category: 8(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	32:56	21:57	7	8:59	40	11:13	1.50	32:56	21:57	7	8:59	40	11:13
Wechsel S -> R	0.05	1:59	39:39	7	1:18	44	1:26	1.55	34:55	22:31	7	10:17	40	12:32
Schwimmen Total	1.55	34:55	22:31	7	10:17	40	12:32	1.55	34:55	22:31	7	10:17	40	12:32
Rad netto	44.00	1:23:59	1:54	7	11:37	34	14:55	45.55	1:58:54	2:36	8	19:02	38	25:01
Wechsel R -> L	0.05	0:59	19:39	5	0:18	22	0:25	45.60	1:59:53	2:37	8	19:18	36	25:25
Rad Total	44.05	1:24:58	1:55	7	11:55	34	15:06	45.60	1:59:53	2:37	8	19:18	36	25:25
Lauf	9.90	49:44	5:01	8	13:30	40	13:30	55.50	2:49:37	3:03	8	32:33	38	37:17