



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Hermann, Ines

Total time: 2:50:01

Club: Saalfelder LV

Number: 47

Course: 55.50 km

Rank in course/Total: 46 (of 67)

Olympische Distanz 1,5-44-10.00

Rank in course/Women: 8 (of 16)

Best time in course: 2:35:33

Category:

Rank in category: 2(of 5)

TW 50-54, Seniorinnen 3

Best time in the category: 2:47:22

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Schwimmen nett	1.50	33:44	22:29	3	8:49	11	8:49	1.50	33:44	22:29	3	8:49	11	8:49
Wechsel S -> R	0.05	1:29	29:40	4	0:31	10	0:40	1.55	35:13	22:43	3	9:20	11	9:20
Schwimmen Total	1.55	35:13	22:43	3	9:20	11	9:20	1.55	35:13	22:43	3	9:20	11	9:20
Rad netto	44.00	1:23:14	1:53	1	-	2	4:02	45.55	1:58:27	2:36	2	3:11	6	10:24
Wechsel R -> L	0.05	0:54	18:00	2	0:06	5	0:14	45.60	1:59:21	2:37	2	3:17	7	9:56
Rad Total	44.05	1:24:08	1:54	1	-	2	3:34	45.60	1:59:21	2:37	2	3:17	7	9:56
Lauf	9.90	50:40	5:07	3	2:35	9	8:24	55.50	2:50:01	3:03	2	2:39	8	14:28