



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Sachs, Frank

Total time: 2:53:24

Club: Dream Team Ilmenau

Number: 37

Course: 55.50 km

Rank in course/Total: 50 (of 67)

Olympische Distanz 1,5-44-10.00

Rank in course/Men: 41 (of 51)

Best time in course: 2:12:20

Category:

Rank in category: 4(of 7)

TM 50-54, Senioren 3

Best time in the category: 2:26:45

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	32:25	21:36	6	4:07	36	10:42	1.50	32:25	21:36	6	4:07	36	10:42
Wechsel S -> R	0.05	1:22	27:19	4	0:23	31	0:49	1.55	33:47	21:47	6	3:45	36	11:24
Schwimmen Total	1.55	33:47	21:47	6	3:45	36	11:24	1.55	33:47	21:47	6	3:45	36	11:24
Rad netto	44.00	1:28:10	2:00	5	13:58	43	19:06	45.55	2:01:57	2:40	6	15:57	42	28:04
Wechsel R -> L	0.05	0:59	19:39	3	0:15	22	0:25	45.60	2:02:56	2:41	6	15:36	42	28:28
Rad Total	44.05	1:29:09	2:01	5	13:37	43	19:17	45.60	2:02:56	2:41	6	15:36	42	28:28
Lauf	9.90	50:28	5:05	4	11:03	41	14:14	55.50	2:53:24	3:07	4	26:39	41	41:04