



# 30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

## Detailed evaluation

Ziegenbein, Uwe

Total time: 3:02:27

Club: Saalfelder Schwimmverein

Number: 38

Enduro E Bike

Rank in course/Total: 58 (of 67)

Rank in course/Men: 47 (of 51)

Best time in course: 2:12:20

Category:

Rank in category: 2(of 3)

TM 55-59, Senioren 4

Best time in the category: 2:41:35

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	1.50	36:05	24:03	2	5:22	46	14:22	1.50	36:05	24:03	2	5:22	46	14:22
Wechsel S -> R	0.05	1:13	24:19	1	-	25	0:40	1.55	37:18	24:03	2	5:04	44	14:55
Schwimmen Total	1.55	37:18	24:03	2	5:04	44	14:55	1.55	37:18	24:03	2	5:04	44	14:55
Rad netto	44.00	1:24:56	1:55	1	-	38	15:52	45.55	2:02:14	2:41	2	4:37	44	28:21
Wechsel R -> L	0.05	1:46	35:19	2	0:52	49	1:12	45.60	2:04:00	2:43	2	5:29	44	29:32
Rad Total	44.05	1:26:42	1:58	2	0:25	39	16:50	45.60	2:04:00	2:43	2	5:29	44	29:32
Lauf	9.90	58:27	5:54	2	15:23	49	22:13	-	3:02:27	-	2	20:52	47	50:07