



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Ihling, Carmen

Total time: 3:10:24

Club: TV Barchfeld

Number: 60

Course: 55.50 km

Rank in course/Total: 61 (of 67)

Olympische Distanz 1,5-44-10.00

Rank in course/Women: 14 (of 16)

Best time in course: 2:35:33

Category:

Rank in category: 5(of 5)

TW 50-54, Seniorinnen 3

Best time in the category: 2:47:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	1.50	37:10	24:46	5	12:15	14	12:15	1.50	37:10	24:46	5	12:15	14	12:15
Wechsel S -> R	0.05	1:25	28:19	3	0:27	9	0:36	1.55	38:35	24:53	4	12:42	13	12:42
Schwimmen Total	1.55	38:35	24:53	4	12:42	13	12:42	1.55	38:35	24:53	4	12:42	13	12:42
Rad netto	44.00	1:36:05	2:11	3	12:51	13	16:53	45.55	2:14:40	2:57	4	19:24	13	26:37
Wechsel R -> L	0.05	1:33	31:00	5	0:45	14	0:53	45.60	2:16:13	2:59	4	20:09	13	26:48
Rad Total	44.05	1:37:38	2:12	4	13:30	14	17:04	45.60	2:16:13	2:59	4	20:09	13	26:48
Lauf	9.90	54:11	5:28	5	6:06	14	11:55	55.50	3:10:24	3:25	5	23:02	14	34:51