



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Haag, Heike

Total time: 3:12:12

Club: SV Wartburgstadt Triathlon

Number: 46

Course: 55.50 km

Rank in course/Total: 62 (of 67)

Olympische Distanz 1,5-44-10.00

Rank in course/Women: 15 (of 16)

Best time in course: 2:35:33

Category:

Rank in category: 1(of 1)

TW 45-49, Seniorinnen 2

Best time in the category: 3:12:12

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	43:33	29:01	1	-	16	18:38	1.50	43:33	29:01	1	-	16	18:38
Wechsel S -> R	0.05	2:23	47:39	1	-	16	1:34	1.55	45:56	29:38	1	-	16	20:03
Schwimmen Total	1.55	45:56	29:38	1	-	16	20:03	1.55	45:56	29:38	1	-	16	20:03
Rad netto	44.00	1:32:12	2:05	1	-	12	13:00	45.55	2:18:08	3:01	1	-	14	30:05
Wechsel R -> L	0.05	1:26	28:39	1	-	12	0:46	45.60	2:19:34	3:03	1	-	15	30:09
Rad Total	44.05	1:33:38	2:07	1	-	12	13:04	45.60	2:19:34	3:03	1	-	15	30:09
Lauf	9.90	52:38	5:18	1	-	13	10:22	55.50	3:12:12	3:27	1	-	15	36:39