



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Schönau, Torsten

Total time: 3:20:16

Club: Verein für Gesundheit u. Rehasport e.V.

Number: 74

Course: 55.50 km

Rank in course/Total: 64 (of 67)

Olympische Distanz 1,5-44-10.00

Rank in course/Men: 49 (of 51)

Best time in course: 2:12:20

Category:

Rank in category: 11(of 11)

TM 45-49, Senioren 2

Best time in the category: 2:23:15

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	39:53	26:35	11	13:34	48	18:10	1.50	39:53	26:35	11	13:34	48	18:10
Wechsel S -> R	0.05	2:55	58:19	11	2:06	51	2:22	1.55	42:48	27:36	11	15:37	49	20:25
Schwimmen Total	1.55	42:48	27:36	11	15:37	49	20:25	1.55	42:48	27:36	11	15:37	49	20:25
Rad netto	44.00	1:43:06	2:20	11	28:57	51	34:02	45.55	2:25:54	3:12	11	44:34	50	52:01
Wechsel R -> L	0.05	1:24	27:59	11	0:35	44	0:50	45.60	2:27:18	3:13	11	45:02	50	52:50
Rad Total	44.05	1:44:30	2:22	11	29:25	51	34:38	45.60	2:27:18	3:13	11	45:02	50	52:50
Lauf	9.90	52:58	5:21	11	11:59	45	16:44	55.50	3:20:16	3:36	11	57:01	49	1:07:56