



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Kynast, Rene

Total time: 3:20:16

Club: BW Bermbach

Number: 67

Course: 55.50 km

Rank in course/Total: 65 (of 67)

Olympische Distanz 1,5-44-10.00

Rank in course/Men: 50 (of 51)

Best time in course: 2:12:20

Category:

Rank in category: 7(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	1.50	45:36	30:24	7	17:18	51	23:53	1.50	45:36	30:24	7	17:18	51	23:53
Wechsel S -> R	0.05	2:51	57:00	7	1:52	50	2:18	1.55	48:27	31:15	7	18:25	51	26:04
Schwimmen Total	1.55	48:27	31:15	7	18:25	51	26:04	1.55	48:27	31:15	7	18:25	51	26:04
Rad netto	44.00	1:40:18	2:16	7	26:06	50	31:14	45.55	2:28:45	3:15	7	42:45	51	54:52
Wechsel R -> L	0.05	0:53	17:39	2	0:09	13	0:19	45.60	2:29:38	3:16	7	42:18	51	55:10
Rad Total	44.05	1:41:11	2:17	7	25:39	50	31:19	45.60	2:29:38	3:16	7	42:18	51	55:10
Lauf	9.90	50:38	5:06	5	11:13	42	14:24	55.50	3:20:16	3:36	7	53:31	49	1:07:56