



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Onißeit, Elisabeth

Total time: 3:30:51

Club: AC Apolda

Number: 51

Course: 55.50 km

Rank in course/Total: 67 (of 67)

Olympische Distanz 1,5-44-10.00

Rank in course/Women: 16 (of 16)

Best time in course: 2:35:33

Category:

Rank in category: 1(of 1)

TW 70-74, Seniorinnen 7

Best time in the category: 3:30:51

Intermediate times

Stage score

Total ranking

Control	Split				Pos				Total							
	km	Time	min/km	Cat.	Behind	Cat.	Women	Behind	km	Time	min/km	Cat.	Behind	Pos	Behind	
Schwimmen nett	1.50	39:31	26:20	1	-	15	14:36	1.50	39:31	26:20	1	-	15	14:36		
Wechsel S -> R	0.05	2:22	47:19	1	-	15	1:33	1.55	41:53	27:01	1	-	15	16:00		
Schwimmen Total	1.55	41:53	27:01	1	-	15	16:00	1.55	41:53	27:01	1	-	15	16:00		
Rad netto	44.00	1:42:02	2:19	1	-	16	22:50	45.55	2:23:55	3:09	1	-	16	35:52		
Wechsel R -> L	0.05	1:17	25:40	1	-	9	0:37	45.60	2:25:12	3:11	1	-	16	35:47		
Rad Total	44.05	1:43:19	2:20	1	-	16	22:45	45.60	2:25:12	3:11	1	-	16	35:47		
Lauf	9.90	1:05:39	6:37	1	-	16	23:23	55.50	3:30:51	3:47	1	-	16	55:18		