



# 30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

## Detailed evaluation

Rascher, Mirko

Total time: 1:11:07

Club: Eschweger TSV

Number: 1105

Course: 27.45 km

Rank in course/Total: 10 (of 88)

Jedermann-Triathlon 0,45-22,0-5,0

Rank in course/Men: 10 (of 73)

Best time in course: 57:57

Category:

Rank in category: 3(of 26)

Männer 40-49 Jahre

Best time in the category: 1:07:51

### 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	0.45	9:58	22:08	8	1:54	24	3:59	0.45	9:58	22:08	8	1:54	24	3:59
Wechsel S -> R	0.05	1:19	26:19	10	0:26	23	0:46	0.50	11:17	22:33	7	2:18	20	4:45
Schwimmen Total	0.50	11:17	22:33	7	2:18	20	4:45	0.50	11:17	22:33	7	2:18	20	4:45
Rad netto	22.00	38:47	1:45	3	0:54	9	5:14	22.50	50:04	2:13	3	1:53	10	9:59
Wechsel R -> L	0.05	0:53	17:39	9	0:15	30	0:24	22.55	50:57	2:15	3	2:04	10	10:23
Rad Total	22.05	39:40	1:47	3	0:48	9	5:38	22.55	50:57	2:15	3	2:04	10	10:23
Lauf	4.90	20:10	4:06	4	1:22	11	2:47	27.45	1:11:07	2:35	3	3:16	10	13:10