



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Michl, Rene

Total time: 1:12:20

Club: Bad Salzungen

Number: 1027

Course: 27.45 km

Rank in course/Total: 11 (of 88)

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

Rank in course/Men: 11 (of 73)

Best time in course: 57:57

Category:

Rank in category: 4(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	9:48	21:46	6	1:44	21	3:49	0.45	9:48	21:46	6	1:44	21	3:49	
Wechsel S -> R	0.05	1:02	20:40	4	0:09	9	0:29	0.50	10:50	21:40	6	1:51	16	4:18	
Schwimmen Total	0.50	10:50	21:40	6	1:51	16	4:18	0.50	10:50	21:40	6	1:51	16	4:18	
Rad netto	22.00	40:33	1:50	7	2:40	21	7:00	22.50	51:23	2:17	5	3:12	14	11:18	
Wechsel R -> L	0.05	0:41	13:39	3	0:03	11	0:12	22.55	52:04	2:18	4	3:11	11	11:30	
Rad Total	22.05	41:14	1:52	5	2:22	18	7:12	22.55	52:04	2:18	4	3:11	11	11:30	
Lauf	4.90	20:16	4:08	5	1:28	13	2:53	27.45	1:12:20	2:38	4	4:29	11	14:23	