



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Gießmann, Dirk

Total time: 1:12:37

Club: LTV Erfurt

Number: 1045

Course: 27.45 km

Rank in course/Total: 12 (of 88)

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

Rank in course/Men: 12 (of 73)

Best time in course: 57:57

Category:

Rank in category: 1(of 13)

Männer 50-59 Jahre

Best time in the category: 1:12:37

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	8:18	18:26	1	-	6	2:19	0.45	8:18	18:26	1	-	6	2:19
Wechsel S -> R	0.05	1:12	23:59	2	0:09	18	0:39	0.50	9:30	19:00	1	-	6	2:58
Schwimmen Total	0.50	9:30	19:00	1	-	6	2:58	0.50	9:30	19:00	1	-	6	2:58
Rad netto	22.00	41:30	1:53	4	1:51	27	7:57	22.50	51:00	2:15	1	-	11	10:55
Wechsel R -> L	0.05	1:04	21:19	7	0:26	45	0:35	22.55	52:04	2:18	1	-	11	11:30
Rad Total	22.05	42:34	1:55	4	1:45	28	8:32	22.55	52:04	2:18	1	-	11	11:30
Lauf	4.90	20:33	4:11	1	-	16	3:10	27.45	1:12:37	2:38	1	-	12	14:40