



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Silge, Martin

Total time: 1:13:23

Club: Ilmenau

Number: 1007

Course: 27.45 km

Rank in course/Total: 15 (of 88)

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

Rank in course/Men: 14 (of 73)

Best time in course: 57:57

Category:

Rank in category: 5(of 12)

Männer 20-29 Jahre

Best time in the category: 1:03:54

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	10:41	23:44	8	2:40	33	4:42	0.45	10:41	23:44	8	2:40	33	4:42	
Wechsel S -> R	0.05	1:22	27:19	5	0:41	26	0:49	0.50	12:03	24:06	7	3:19	31	5:31	
Schwimmen Total	0.50	12:03	24:06	7	3:19	31	5:31	0.50	12:03	24:06	7	3:19	31	5:31	
Rad netto	22.00	39:50	1:48	4	4:12	15	6:17	22.50	51:53	2:18	4	7:31	17	11:48	
Wechsel R -> L	0.05	0:31	10:20	1	-	2	0:02	22.55	52:24	2:19	4	7:22	16	11:50	
Rad Total	22.05	40:21	1:49	4	4:03	13	6:19	22.55	52:24	2:19	4	7:22	16	11:50	
Lauf	4.90	20:59	4:16	5	2:07	19	3:36	27.45	1:13:23	2:40	5	9:29	14	15:26	