



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Mews, Carsten

Total time: 1:13:23

Club: Motzfeld

Number: 1096

Course: 27.45 km

Rank in course/Total: 14 (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: 3(of 18)

Männer 30-39 Jahre

Best time in the category: 1:05:13

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking						
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	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	1:52	33	4:42	0.45	10:41	23:44	8	1:52	33	4:42	
Wechsel S -> R	0.05	1:22	27:19	4	0:29	26	0:49	0.50	12:03	24:06	7	2:09	31	5:31	
Schwimmen Total	0.50	12:03	24:06	7	2:09	31	5:31	0.50	12:03	24:06	7	2:09	31	5:31	
Rad netto	22.00	39:50	1:48	5	4:07	15	6:17	22.50	51:53	2:18	5	4:54	17	11:48	
Wechsel R -> L	0.05	0:31	10:20	1	-	2	0:02	22.55	52:24	2:19	5	4:37	16	11:50	
Rad Total	22.05	40:21	1:49	4	3:50	14	6:19	22.55	52:24	2:19	5	4:37	16	11:50	
Lauf	4.90	20:59	4:16	6	3:33	19	3:36	27.45	1:13:23	2:40	3	8:10	14	15:26	