



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Markgraf, Uwe

Total time: 1:13:29

Club: SC Steinbach-Hallenberg

Number: 1106

Course: 27.45 km

Rank in course/Total: 16 (of 88)

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

Rank in course/Men: 16 (of 73)

Best time in course: 57:57

Category:

Rank in category: 5(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	11:53	26:24	17	3:49	52	5:54	0.45	11:53	26:24	17	3:49	52	5:54
Wechsel S -> R	0.05	1:21	27:00	11	0:28	24	0:48	0.50	13:14	26:27	16	4:15	48	6:42
Schwimmen Total	0.50	13:14	26:27	16	4:15	48	6:42	0.50	13:14	26:27	16	4:15	48	6:42
Rad netto	22.00	37:53	1:43	1	-	7	4:20	22.50	51:07	2:16	4	2:56	12	11:02
Wechsel R -> L	0.05	0:59	19:39	11	0:21	40	0:30	22.55	52:06	2:18	5	3:13	13	11:32
Rad Total	22.05	38:52	1:45	1	-	7	4:50	22.55	52:06	2:18	5	3:13	13	11:32
Lauf	4.90	21:23	4:21	7	2:35	25	4:00	27.45	1:13:29	2:40	5	5:38	16	15:32