



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Blumenstein, Dirk

Total time: 1:13:44

Club: SBR-Spangenberg

Number: 1037

Course: 27.45 km

Rank in course/Total: 17 (of 88)

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

Rank in course/Men: 17 (of 73)

Best time in course: 57:57

Category:

Rank in category: 6(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	9:32	21:11	5	1:28	16	3:33	0.45	9:32	21:11	5	1:28	16	3:33
Wechsel S -> R	0.05	0:53	17:39	1	-	5	0:20	0.50	10:25	20:49	5	1:26	13	3:53
Schwimmen Total	0.50	10:25	20:49	5	1:26	13	3:53	0.50	10:25	20:49	5	1:26	13	3:53
Rad netto	22.00	41:34	1:53	10	3:41	28	8:01	22.50	51:59	2:18	6	3:48	20	11:54
Wechsel R -> L	0.05	0:39	13:00	2	0:01	9	0:10	22.55	52:38	2:20	6	3:45	18	12:04
Rad Total	22.05	42:13	1:54	10	3:21	26	8:11	22.55	52:38	2:20	6	3:45	18	12:04
Lauf	4.90	21:06	4:18	6	2:18	23	3:43	27.45	1:13:44	2:41	6	5:53	17	15:47