



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Salzmann, Martin

Total time: 1:13:51

Club: SVW Eisenach Triathlon

Number: 1101

Course: 27.45 km

Rank in course/Total: 19 (of 88)

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

Rank in course/Men: 19 (of 73)

Best time in course: 57:57

Category:

Rank in category: 4(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	10:35	23:31	7	1:46	31	4:36	0.45	10:35	23:31	7	1:46	31	4:36
Wechsel S -> R	0.05	1:43	34:19	10	0:50	43	1:10	0.50	12:18	24:36	9	2:24	34	5:46
Schwimmen Total	0.50	12:18	24:36	9	2:24	34	5:46	0.50	12:18	24:36	9	2:24	34	5:46
Rad netto	22.00	38:59	1:46	3	3:16	11	5:26	22.50	51:17	2:16	3	4:18	13	11:12
Wechsel R -> L	0.05	1:00	20:00	13	0:29	41	0:31	22.55	52:17	2:19	4	4:30	15	11:43
Rad Total	22.05	39:59	1:48	3	3:28	11	5:57	22.55	52:17	2:19	4	4:30	15	11:43
Lauf	4.90	21:34	4:24	8	4:08	27	4:11	27.45	1:13:51	2:41	4	8:38	19	15:54