



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Stichling, Laura

Total time: 1:14:33

Club: Triathlon Friedrichroda e.V.

Number: 1049

Course: 27.45 km

Rank in course/Total: 21 (of 88)

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

Rank in course/Women: 1 (of 15)

Best time in course: 1:14:33

Category:

Rank in category: 1(of 2)

Frauen 20-29 Jahre

Best time in the category: 1:14:33

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|-----------------|----------|------------|--------------|----------|-------------|-------------|--------------|---------------|------------|--------------|----------|-------------|-----------|--------------|
| | | | | | | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Schwimmen nett | 0.45 | 9:02 | 20:04 | 1 | - | 1 | - | 0.45 | 9:02 | 20:04 | 1 | - | 1 | - |
| Wechsel S -> R | 0.05 | 1:34 | 31:19 | 1 | - | 5 | 0:40 | 0.50 | 10:36 | 21:11 | 1 | - | 1 | - |
| Schwimmen Total | 0.50 | 10:36 | 21:11 | 1 | - | 1 | - | 0.50 | 10:36 | 21:11 | 1 | - | 1 | - |
| Rad netto | 22.00 | 43:09 | 1:57 | 1 | - | 2 | 0:15 | 22.50 | 53:45 | 2:23 | 1 | - | 1 | - |
| Wechsel R -> L | 0.05 | 0:34 | 11:19 | 1 | - | 2 | 0:03 | 22.55 | 54:19 | 2:24 | 1 | - | 1 | - |
| Rad Total | 22.05 | 43:43 | 1:58 | 1 | - | 2 | 0:09 | 22.55 | 54:19 | 2:24 | 1 | - | 1 | - |
| Lauf | 4.90 | 20:14 | 4:07 | 1 | - | 2 | 0:30 | 27.45 | 1:14:33 | 2:42 | 1 | - | 1 | - |