



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.	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	-