



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Krannich, Steffen

Total time: 1:14:55

Club: SG-Altenfeld

Number: 1085

Course: 27.45 km

Rank in course/Total: 23 (of 88)

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

Rank in course/Men: 22 (of 73)

Best time in course: 57:57

Category:

Rank in category: 7(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	10:44	23:51	10	2:40	35	4:45	0.45	10:44	23:51	10	2:40	35	4:45
Wechsel S -> R	0.05	2:16	45:19	23	1:23	63	1:43	0.50	13:00	26:00	13	4:01	43	6:28
Schwimmen Total	0.50	13:00	26:00	13	4:01	43	6:28	0.50	13:00	26:00	13	4:01	43	6:28
Rad netto	22.00	39:27	1:47	4	1:34	12	5:54	22.50	52:27	2:19	8	4:16	26	12:22
Wechsel R -> L	0.05	0:42	13:59	4	0:04	13	0:13	22.55	53:09	2:21	8	4:16	23	12:35
Rad Total	22.05	40:09	1:49	4	1:17	12	6:07	22.55	53:09	2:21	8	4:16	23	12:35
Lauf	4.90	21:46	4:26	8	2:58	32	4:23	27.45	1:14:55	2:43	7	7:04	22	16:58