



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Franke, Martin

Total time: 1:15:28

Club: Erfurt

Number: 1019

Course: 27.45 km

Rank in course/Total: 26 (of 88)

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

Rank in course/Men: 24 (of 73)

Best time in course: 57:57

Category:

Rank in category: 6(of 18)

Männer 30-39 Jahre

Best time in the category: 1:05:13

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	11:00	24:26	10	2:11	40	5:01	0.45	11:00	24:26	10	2:11	40	5:01	
Wechsel S -> R	0.05	1:28	29:19	6	0:35	30	0:55	0.50	12:28	24:56	11	2:34	38	5:56	
Schwimmen Total	0.50	12:28	24:56	11	2:34	38	5:56	0.50	12:28	24:56	11	2:34	38	5:56	
Rad netto	22.00	40:56	1:51	7	5:13	24	7:23	22.50	53:24	2:22	8	6:25	28	13:19	
Wechsel R -> L	0.05	0:53	17:39	9	0:22	30	0:24	22.55	54:17	2:24	8	6:30	28	13:43	
Rad Total	22.05	41:49	1:53	7	5:18	23	7:47	22.55	54:17	2:24	8	6:30	28	13:43	
Lauf	4.90	21:11	4:19	7	3:45	24	3:48	27.45	1:15:28	2:44	6	10:15	24	17:31	