



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Ziegenbein, Jens

Total time: 1:15:45

Club: Oberritzer Ziegenböcke

Number: 1044

Course: 27.45 km

Rank in course/Total: 27 (of 88)

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

Rank in course/Men: 25 (of 73)

Best time in course: 57:57

Category:

Rank in category: 4(of 13)

Männer 50-59 Jahre

Best time in the category: 1:12:37

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	10:37	23:35	7	2:19	32	4:38	0.45	10:37	23:35	7	2:19	32	4:38
Wechsel S -> R	0.05	1:15	25:00	4	0:12	20	0:42	0.50	11:52	23:44	6	2:22	26	5:20
Schwimmen Total	0.50	11:52	23:44	6	2:22	26	5:20	0.50	11:52	23:44	6	2:22	26	5:20
Rad netto	22.00	39:39	1:48	1	-	13	6:06	22.50	51:31	2:17	2	0:31	16	11:26
Wechsel R -> L	0.05	1:10	23:19	8	0:32	50	0:41	22.55	52:41	2:20	2	0:37	19	12:07
Rad Total	22.05	40:49	1:51	1	-	16	6:47	22.55	52:41	2:20	2	0:37	19	12:07
Lauf	4.90	23:04	4:42	8	2:31	46	5:41	27.45	1:15:45	2:45	4	3:08	25	17:48