



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Schäfer, Gregor

Total time: 1:16:41

Club: Triathletenschmiede Werratal

Number: 1108

Course: 27.45 km

Rank in course/Total: 31 (of 88)

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

Rank in course/Men: 29 (of 73)

Best time in course: 57:57

Category:

Rank in category: 9(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	11:12	24:53	12	2:23	43	5:13	0.45	11:12	24:53	12	2:23	43	5:13
Wechsel S -> R	0.05	0:53	17:39	1	-	5	0:20	0.50	12:05	24:10	8	2:11	33	5:33
Schwimmen Total	0.50	12:05	24:10	8	2:11	33	5:33	0.50	12:05	24:10	8	2:11	33	5:33
Rad netto	22.00	42:13	1:55	9	6:30	34	8:40	22.50	54:18	2:24	10	7:19	35	14:13
Wechsel R -> L	0.05	0:44	14:39	4	0:13	18	0:15	22.55	55:02	2:26	10	7:15	33	14:28
Rad Total	22.05	42:57	1:56	9	6:26	33	8:55	22.55	55:02	2:26	10	7:15	33	14:28
Lauf	4.90	21:39	4:25	9	4:13	29	4:16	27.45	1:16:41	2:47	9	11:28	29	18:44