



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Schlung, Daniel

Total time: 1:16:54

Club: SV 03 Gerbershausen

Number: 1012

Course: 27.45 km

Rank in course/Total: 32 (of 88)

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

Rank in course/Men: 30 (of 73)

Best time in course: 57:57

Category:

Rank in category: 10(of 18)

Männer 30-39 Jahre

Best time in the category: 1:05:13

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen nett	0.45	12:42	28:13	15	3:53	62	6:43	0.45	12:42	28:13	15	3:53	62	6:43	
Wechsel S -> R	0.05	1:53	37:39	12	1:00	51	1:20	0.50	14:35	29:10	15	4:41	59	8:03	
Schwimmen Total	0.50	14:35	29:10	15	4:41	59	8:03	0.50	14:35	29:10	15	4:41	59	8:03	
Rad netto	22.00	39:42	1:48	4	3:59	14	6:09	22.50	54:17	2:24	9	7:18	34	14:12	
Wechsel R -> L	0.05	0:42	13:59	2	0:11	13	0:13	22.55	54:59	2:26	9	7:12	32	14:25	
Rad Total	22.05	40:24	1:49	5	3:53	15	6:22	22.55	54:59	2:26	9	7:12	32	14:25	
Lauf	4.90	21:55	4:28	11	4:29	33	4:32	27.45	1:16:54	2:48	10	11:41	30	18:57	