



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Baron, Anja

Total time: 1:17:07

Club: AC Apolda

Number: 1062

Course: 27.45 km

Rank in course/Total: 33 (of 88)

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

Rank in course/Women: 3 (of 15)

Best time in course: 1:14:33

Category:

Rank in category: 1(of 4)

Frauen 40-49 Jahre

Best time in the category: 1:17:07

Intermediate times

Stage score

Total ranking

Control	Split				Pos				Total							
	km	Time	min/km	Cat.	Behind	Cat.	Women	Behind	km	Time	min/km	Cat.	Behind	Pos	Behind	
Schwimmen nett	0.45	10:02	22:17	1	-	2	1:00	0.45	10:02	22:17	1	-	2	1:00		
Wechsel S -> R	0.05	1:34	31:19	3	0:08	5	0:40	0.50	11:36	23:11	1	-	2	1:00		
Schwimmen Total	0.50	11:36	23:11	1	-	2	1:00	0.50	11:36	23:11	1	-	2	1:00		
Rad netto	22.00	43:27	1:58	2	0:07	4	0:33	22.50	55:03	2:26	1	-	3	1:18		
Wechsel R -> L	0.05	0:31	10:20	1	-	1	-	22.55	55:34	2:27	1	-	2	1:15		
Rad Total	22.05	43:58	1:59	1	-	3	0:24	22.55	55:34	2:27	1	-	2	1:15		
Lauf	4.90	21:33	4:23	1	-	4	1:49	27.45	1:17:07	2:48	1	-	3	2:34		