



# 30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

## Detailed evaluation

Rabe, Thomas

Total time: 1:17:25

Club: Saalfeld

Number: 1024

Course: 27.45 km

Rank in course/Total: 36 (of 88)

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

Rank in course/Men: 33 (of 73)

Best time in course: 57:57

Category:

Rank in category: 10(of 26)

Männer 40-49 Jahre

Best time in the category: 1:07:51

### 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	8:59	19:57	3	0:55	10	3:00	0.45	8:59	19:57	3	0:55	10	3:00
Wechsel S -> R	0.05	1:09	22:59	7	0:16	14	0:36	0.50	10:08	20:15	3	1:09	9	3:36
Schwimmen Total	0.50	10:08	20:15	3	1:09	9	3:36	0.50	10:08	20:15	3	1:09	9	3:36
Rad netto	22.00	43:32	1:58	17	5:39	47	9:59	22.50	53:40	2:23	9	5:29	29	13:35
Wechsel R -> L	0.05	1:05	21:39	13	0:27	47	0:36	22.55	54:45	2:25	9	5:52	29	14:11
Rad Total	22.05	44:37	2:01	17	5:45	47	10:35	22.55	54:45	2:25	9	5:52	29	14:11
Lauf	4.90	22:40	4:37	12	3:52	41	5:17	27.45	1:17:25	2:49	10	9:34	33	19:28