



# 30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

## Detailed evaluation

Rutkowski, Nils

Total time: 1:18:04

Club: Meiningen

Number: 1042

Course: 27.45 km

Rank in course/Total: 38 (of 88)

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

Rank in course/Men: 35 (of 73)

Best time in course: 57:57

Category:

Rank in category: 6(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			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Schwimmen nett	0.45	10:17	22:51	6	1:59	28	4:18	0.45	10:17	22:51	6	1:59	28	4:18
Wechsel S -> R	0.05	1:31	30:19	5	0:28	32	0:58	0.50	11:48	23:36	5	2:18	24	5:16
Schwimmen Total	0.50	11:48	23:36	5	2:18	24	5:16	0.50	11:48	23:36	5	2:18	24	5:16
Rad netto	22.00	44:02	2:00	9	4:23	50	10:29	22.50	55:50	2:28	7	4:50	42	15:45
Wechsel R -> L	0.05	1:23	27:39	11	0:45	61	0:54	22.55	57:13	2:32	7	5:09	44	16:39
Rad Total	22.05	45:25	2:03	10	4:36	53	11:23	22.55	57:13	2:32	7	5:09	44	16:39
Lauf	4.90	20:51	4:15	2	0:18	18	3:28	27.45	1:18:04	2:50	6	5:27	35	20:07