



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Nattermann, Daniel

Total time: 1:17:17

Club: Steinbach-Hallenberg

Number: 1016

Course: 27.45 km

Rank in course/Total: 35 (of 88)

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

Rank in course/Men: 32 (of 73)

Best time in course: 57:57

Category:

Rank in category: 11(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	11:35	25:44	14	2:46	50	5:36	0.45	11:35	25:44	14	2:46	50	5:36
Wechsel S -> R	0.05	1:42	34:00	9	0:49	42	1:09	0.50	13:17	26:33	13	3:23	49	6:45
Schwimmen Total	0.50	13:17	26:33	13	3:23	49	6:45	0.50	13:17	26:33	13	3:23	49	6:45
Rad netto	22.00	42:38	1:56	11	6:55	39	9:05	22.50	55:55	2:29	11	8:56	43	15:50
Wechsel R -> L	0.05	0:56	18:39	11	0:25	34	0:27	22.55	56:51	2:31	11	9:04	41	16:17
Rad Total	22.05	43:34	1:58	11	7:03	39	9:32	22.55	56:51	2:31	11	9:04	41	16:17
Lauf	4.90	20:26	4:10	4	3:00	15	3:03	27.45	1:17:17	2:48	11	12:04	32	19:20