



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Kornhas, Christoph

Total time: 1:05:13

Club: SV Emsetal

Number: 1080

Course: 27.45 km

Rank in course/Total: 3 (of 88)

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

Rank in course/Men: 3 (of 73)

Best time in course: 57:57

Category:

Rank in category: 1(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	9:42	21:33	5	0:53	19	3:43	0.45	9:42	21:33	5	0:53	19	3:43
Wechsel S -> R	0.05	1:34	31:19	8	0:41	35	1:01	0.50	11:16	22:32	4	1:22	19	4:44
Schwimmen Total	0.50	11:16	22:32	4	1:22	19	4:44	0.50	11:16	22:32	4	1:22	19	4:44
Rad netto	22.00	35:43	1:37	1	-	3	2:10	22.50	46:59	2:05	1	-	5	6:54
Wechsel R -> L	0.05	0:48	16:00	7	0:17	25	0:19	22.55	47:47	2:07	1	-	5	7:13
Rad Total	22.05	36:31	1:39	1	-	3	2:29	22.55	47:47	2:07	1	-	5	7:13
Lauf	4.90	17:26	3:33	1	-	2	0:03	27.45	1:05:13	2:22	1	-	3	7:16