



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Lauritzen, Mads

Total time: 1:19:57

Club: Heleneholms Tri Team

Number: 1070

Course: 27.45 km

Rank in course/Total: 44 (of 88)

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

Rank in course/Men: 41 (of 73)

Best time in course: 57:57

Category:

Rank in category: 12(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	12:58	28:48	16	4:09	64	6:59	0.45	12:58	28:48	16	4:09	64	6:59	
Wechsel S -> R	0.05	1:55	38:20	13	1:02	52	1:22	0.50	14:53	29:45	16	4:59	63	8:21	
Schwimmen Total	0.50	14:53	29:45	16	4:59	63	8:21	0.50	14:53	29:45	16	4:59	63	8:21	
Rad netto	22.00	43:55	1:59	14	8:12	49	10:22	22.50	58:48	2:36	16	11:49	54	18:43	
Wechsel R -> L	0.05	0:57	18:59	12	0:26	36	0:28	22.55	59:45	2:38	15	11:58	53	19:11	
Rad Total	22.05	44:52	2:02	14	8:21	49	10:50	22.55	59:45	2:38	15	11:58	53	19:11	
Lauf	4.90	20:12	4:07	3	2:46	12	2:49	27.45	1:19:57	2:54	12	14:44	41	22:00	