



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

michl, ramona

Total time: 1:22:28

Club: Bad Salzungen

Number: 1057

Course: 27.45 km

Rank in course/Total: 56 (of 88)

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

Rank in course/Women: 5 (of 15)

Best time in course: 1:14:33

Category:

Rank in category: 2(of 6)

Frauen 30-39 Jahre

Best time in the category: 1:15:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.45	11:20	25:11	4	0:48	8	2:18	0.45	11:20	25:11	4	0:48	8	2:18
Wechsel S -> R	0.05	1:06	22:00	2	0:12	2	0:12	0.50	12:26	24:52	3	0:22	6	1:50
Schwimmen Total	0.50	12:26	24:52	3	0:22	6	1:50	0.50	12:26	24:52	3	0:22	6	1:50
Rad netto	22.00	48:03	2:11	3	5:09	8	5:09	22.50	1:00:29	2:41	2	5:31	6	6:44
Wechsel R -> L	0.05	1:05	21:39	3	0:25	10	0:34	22.55	1:01:34	2:43	2	5:56	6	7:15
Rad Total	22.05	49:08	2:13	3	5:34	8	5:34	22.55	1:01:34	2:43	2	5:56	6	7:15
Lauf	4.90	20:54	4:15	2	1:10	3	1:10	27.45	1:22:28	3:00	2	7:06	5	7:55