



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Ernst, Marcel

Total time: 1:23:09

Club: Sonntagsläufer Tambach-Dietharz

Number: 1067

Course: 27.45 km

Rank in course/Total: 58 (of 88)

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

Rank in course/Men: 53 (of 73)

Best time in course: 57:57

Category:

Rank in category: 9(of 12)

Männer 20-29 Jahre

Best time in the category: 1:03:54

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	12:40	28:08	12	4:39	61	6:41	0.45	12:40	28:08	12	4:39	61	6:41
Wechsel S -> R	0.05	1:29	29:40	6	0:48	31	0:56	0.50	14:09	28:18	12	5:25	56	7:37
Schwimmen Total	0.50	14:09	28:18	12	5:25	56	7:37	0.50	14:09	28:18	12	5:25	56	7:37
Rad netto	22.00	48:13	2:11	11	12:35	65	14:40	22.50	1:02:22	2:46	11	18:00	65	22:17
Wechsel R -> L	0.05	0:31	10:20	1	-	2	0:02	22.55	1:02:53	2:47	11	17:51	63	22:19
Rad Total	22.05	48:44	2:12	10	12:26	63	14:42	22.55	1:02:53	2:47	11	17:51	63	22:19
Lauf	4.90	20:16	4:08	4	1:24	13	2:53	27.45	1:23:09	3:01	9	19:15	53	25:12