



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Simon, Holger

Total time: 1:23:10

Club: Schmalkalden

Number: 1013

Course: 27.45 km

Rank in course/Total: 59 (of 88)

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

Rank in course/Men: 54 (of 73)

Best time in course: 57:57

Category:

Rank in category: 17(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	13:50	30:44	18	5:01	70	7:51	0.45	13:50	30:44	18	5:01	70	7:51
Wechsel S -> R	0.05	1:55	38:20	13	1:02	52	1:22	0.50	15:45	31:30	18	5:51	68	9:13
Schwimmen Total	0.50	15:45	31:30	18	5:51	68	9:13	0.50	15:45	31:30	18	5:51	68	9:13
Rad netto	22.00	42:47	1:56	12	7:04	42	9:14	22.50	58:32	2:36	15	11:33	53	18:27
Wechsel R -> L	0.05	1:19	26:19	17	0:48	57	0:50	22.55	59:51	2:39	16	12:04	55	19:17
Rad Total	22.05	44:06	2:00	12	7:35	43	10:04	22.55	59:51	2:39	16	12:04	55	19:17
Lauf	4.90	23:19	4:45	16	5:53	48	5:56	27.45	1:23:10	3:01	17	17:57	54	25:13