



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Koch, Marco

Total time: 1:24:36

Club: Meininger Mountainbike Club

Number: 1069

Course: 27.45 km

Rank in course/Total: 60 (of 88)

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

Rank in course/Men: 55 (of 73)

Best time in course: 57:57

Category:

Rank in category: 19(of 26)

Männer 40-49 Jahre

Best time in the category: 1:07:51

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	12:13	27:08	18	4:09	54	6:14	0.45	12:13	27:08	18	4:09	54	6:14
Wechsel S -> R	0.05	1:50	36:39	17	0:57	48	1:17	0.50	14:03	28:06	19	5:04	54	7:31
Schwimmen Total	0.50	14:03	28:06	19	5:04	54	7:31	0.50	14:03	28:06	19	5:04	54	7:31
Rad netto	22.00	45:36	2:04	19	7:43	56	12:03	22.50	59:39	2:39	20	11:28	56	19:34
Wechsel R -> L	0.05	1:53	37:39	26	1:15	72	1:24	22.55	1:01:32	2:43	20	12:39	58	20:58
Rad Total	22.05	47:29	2:09	21	8:37	59	13:27	22.55	1:01:32	2:43	20	12:39	58	20:58
Lauf	4.90	23:04	4:42	13	4:16	46	5:41	27.45	1:24:36	3:04	19	16:45	55	26:39