



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Schäfer, Heiko

Total time: 1:25:06

Club: Triathlon Friedrichroda e.V.

Number: 1026

Course: 27.45 km

Rank in course/Total: 62 (of 88)

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

Rank in course/Men: 57 (of 73)

Best time in course: 57:57

Category:

Rank in category: 20(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	9:52	21:55	7	1:48	22	3:53	0.45	9:52	21:55	7	1:48	22	3:53	
Wechsel S -> R	0.05	2:08	42:39	20	1:15	57	1:35	0.50	12:00	24:00	10	3:01	29	5:28	
Schwimmen Total	0.50	12:00	24:00	10	3:01	29	5:28	0.50	12:00	24:00	10	3:01	29	5:28	
Rad netto	22.00	45:41	2:04	20	7:48	57	12:08	22.50	57:41	2:33	19	9:30	51	17:36	
Wechsel R -> L	0.05	1:26	28:39	22	0:48	65	0:57	22.55	59:07	2:37	19	10:14	50	18:33	
Rad Total	22.05	47:07	2:08	20	8:15	57	13:05	22.55	59:07	2:37	19	10:14	50	18:33	
Lauf	4.90	25:59	5:18	22	7:11	65	8:36	27.45	1:25:06	3:06	20	17:15	57	27:09	