



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Hergert, Daniel

Total time: 1:25:26

Club: Lustige Läufer SV Steinbach

Number: 1088

Course: 27.45 km

Rank in course/Total: 65 (of 88)

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

Rank in course/Men: 60 (of 73)

Best time in course: 57:57

Category:

Rank in category: 18(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	13:03	29:00	17	4:14	65	7:04	0.45	13:03	29:00	17	4:14	65	7:04
Wechsel S -> R	0.05	2:30	50:00	17	1:37	66	1:57	0.50	15:33	31:06	17	5:39	67	9:01
Schwimmen Total	0.50	15:33	31:06	17	5:39	67	9:01	0.50	15:33	31:06	17	5:39	67	9:01
Rad netto	22.00	48:13	2:11	18	12:30	65	14:40	22.50	1:03:46	2:50	18	16:47	66	23:41
Wechsel R -> L	0.05	0:54	18:00	10	0:23	33	0:25	22.55	1:04:40	2:52	18	16:53	66	24:06
Rad Total	22.05	49:07	2:13	18	12:36	65	15:05	22.55	1:04:40	2:52	18	16:53	66	24:06
Lauf	4.90	20:46	4:14	5	3:20	17	3:23	27.45	1:25:26	3:06	18	20:13	60	27:29