



# 30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

## Detailed evaluation

**Amst, Samuel**

**Total time: 1:26:03**

Club: SV Wartburgstadt Eisenach

Number: 1091

Course: 27.45 km

Rank in course/Total: 67 (of 88)

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

Rank in course/Men: 62 (of 73)

Best time in course: 57:57

Category:

Rank in category: 11(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	9:59	22:11	6	1:58	25	4:00	0.45	9:59	22:11	6	1:58	25	4:00
Wechsel S -> R	0.05	2:55	58:19	12	2:14	69	2:22	0.50	12:54	25:48	9	4:10	41	6:22
Schwimmen Total	0.50	12:54	25:48	9	4:10	41	6:22	0.50	12:54	25:48	9	4:10	41	6:22
Rad netto	22.00	44:32	2:01	9	8:54	53	10:59	22.50	57:26	2:33	9	13:04	50	17:21
Wechsel R -> L	0.05	1:50	36:39	11	1:19	71	1:21	22.55	59:16	2:37	9	14:14	51	18:42
Rad Total	22.05	46:22	2:06	9	10:04	54	12:20	22.55	59:16	2:37	9	14:14	51	18:42
Lauf	4.90	26:47	5:27	11	7:55	68	9:24	27.45	1:26:03	3:08	11	22:09	62	28:06