



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Wilschewski, Heidi

Total time: 1:26:05

Club: Kleinfahner

Number: 1059

Course: 27.45 km

Rank in course/Total: 68 (of 88)

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

Rank in course/Women: 6 (of 15)

Best time in course: 1:14:33

Category:

Rank in category: 3(of 6)

Frauen 30-39 Jahre

Best time in the category: 1:15:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
						Pos Women	Behind Women	km	Time					
Schwimmen nett	0.45	11:19	25:08	3	0:47	7	2:17	0.45	11:19	25:08	3	0:47	7	2:17
Wechsel S -> R	0.05	1:52	37:19	3	0:58	8	0:58	0.50	13:11	26:22	4	1:07	9	2:35
Schwimmen Total	0.50	13:11	26:22	4	1:07	9	2:35	0.50	13:11	26:22	4	1:07	9	2:35
Rad netto	22.00	47:49	2:10	2	4:55	7	4:55	22.50	1:01:00	2:42	3	6:02	7	7:15
Wechsel R -> L	0.05	1:16	25:19	4	0:36	11	0:45	22.55	1:02:16	2:45	3	6:38	7	7:57
Rad Total	22.05	49:05	2:13	2	5:31	7	5:31	22.55	1:02:16	2:45	3	6:38	7	7:57
Lauf	4.90	23:49	4:51	3	4:05	6	4:05	27.45	1:26:05	3:08	3	10:43	6	11:32