



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Landsiedel, Steffen

Total time: 1:26:33

Club: SV Steinbach

Number: 1020

Course: 27.45 km

Rank in course/Total: 69 (of 88)

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

Rank in course/Men: 63 (of 73)

Best time in course: 57:57

Category:

Rank in category: 21(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	13:34	30:08	24	5:30	67	7:35	0.45	13:34	30:08	24	5:30	67	7:35
Wechsel S -> R	0.05	2:29	49:39	24	1:36	65	1:56	0.50	16:03	32:06	24	7:04	69	9:31
Schwimmen Total	0.50	16:03	32:06	24	7:04	69	9:31	0.50	16:03	32:06	24	7:04	69	9:31
Rad netto	22.00	46:03	2:05	21	8:10	59	12:30	22.50	1:02:06	2:45	22	13:55	63	22:01
Wechsel R -> L	0.05	0:50	16:40	8	0:12	26	0:21	22.55	1:02:56	2:47	22	14:03	64	22:22
Rad Total	22.05	46:53	2:07	19	8:01	56	12:51	22.55	1:02:56	2:47	22	14:03	64	22:22
Lauf	4.90	23:37	4:49	14	4:49	52	6:14	27.45	1:26:33	3:09	21	18:42	63	28:36