



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Handke, Elisabeth

Total time: 1:27:17

Club: Erfurt

Number: 1050

Course: 27.45 km

Rank in course/Total: 71 (of 88)

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

Rank in course/Women: 7 (of 15)

Best time in course: 1:14:33

Category:

Rank in category: 2(of 2)

Frauen 20-29 Jahre

Best time in the category: 1:14:33

Intermediate times

Stage score

Total ranking

Control	Split				Pos				Total						
	km	Time	min/km	Cat.	Behind	Cat.	Women	Behind	km	Time	min/km	Cat.	Behind	Pos	Behind
Schwimmen nett	0.45	11:29	25:31	2	2:27	9	2:27	0.45	11:29	25:31	2	2:27	9	2:27	
Wechsel S -> R	0.05	2:12	44:00	2	0:38	12	1:18	0.50	13:41	27:22	2	3:05	11	3:05	
Schwimmen Total	0.50	13:41	27:22	2	3:05	11	3:05	0.50	13:41	27:22	2	3:05	11	3:05	
Rad netto	22.00	46:47	2:07	2	3:38	6	3:53	22.50	1:00:28	2:41	2	6:43	5	6:43	
Wechsel R -> L	0.05	1:03	21:00	2	0:29	9	0:32	22.55	1:01:31	2:43	2	7:12	5	7:12	
Rad Total	22.05	47:50	2:10	2	4:07	6	4:16	22.55	1:01:31	2:43	2	7:12	5	7:12	
Lauf	4.90	25:46	5:15	2	5:32	10	6:02	27.45	1:27:17	3:10	2	12:44	7	12:44	