



# 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

| Control         | Intermediate times |            |              |          |             |           |              | Stage score |            |              |          | Total ranking |           |              |  |
|-----------------|--------------------|------------|--------------|----------|-------------|-----------|--------------|-------------|------------|--------------|----------|---------------|-----------|--------------|--|
|                 | Split km           | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women | Total km    | Total Time | Total min/km | Pos Cat. | Behind Cat.   | Pos Women | Behind Women |  |
| 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        |  |