



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Tiepod, Julia

Total time: 1:28:46

Club: Triathlon Friedrichroda e.V.

Number: 1056

Course: 27.45 km

Rank in course/Total: 74 (of 88)

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

Rank in course/Women: 9 (of 15)

Best time in course: 1:14:33

Category:

Rank in category: 4(of 6)

Frauen 30-39 Jahre

Best time in the category: 1:15:22

Intermediate times

Stage score

Total ranking

Control	Split				Pos				Total					
	km	Time	min/km	Cat.	Behind	Pos	Behind	km	Time	min/km	Pos	Behind	Pos	Behind
Schwimmen nett	0.45	10:32	23:24	1	-	3	1:30	0.45	10:32	23:24	1	-	3	1:30
Wechsel S -> R	0.05	1:52	37:19	3	0:58	8	0:58	0.50	12:24	24:48	2	0:20	5	1:48
Schwimmen Total	0.50	12:24	24:48	2	0:20	5	1:48	0.50	12:24	24:48	2	0:20	5	1:48
Rad netto	22.00	49:15	2:14	4	6:21	10	6:21	22.50	1:01:39	2:44	4	6:41	8	7:54
Wechsel R -> L	0.05	1:29	29:40	5	0:49	14	0:58	22.55	1:03:08	2:47	4	7:30	10	8:49
Rad Total	22.05	50:44	2:18	4	7:10	10	7:10	22.55	1:03:08	2:47	4	7:30	10	8:49
Lauf	4.90	25:38	5:13	5	5:54	8	5:54	27.45	1:28:46	3:14	4	13:24	9	14:13