



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Rinner, Christine

Total time: 1:32:08

Club: DLRG Wildeck

Number: 1060

Course: 27.45 km

Rank in course/Total: 77 (of 88)

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

Rank in course/Women: 11 (of 15)

Best time in course: 1:14:33

Category:

Rank in category: 3(of 4)

Frauen 40-49 Jahre

Best time in the category: 1:17:07

Intermediate times

Stage score

Total ranking

| 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 | 11:33 | 25:40 | 4 | 1:31 | 11 | 2:31 | 0.45 | 11:33 | 25:40 | 4 | 1:31 | 11 | 2:31 |
| Wechsel S -> R | 0.05 | 1:27 | 28:59 | 2 | 0:01 | 4 | 0:33 | 0.50 | 13:00 | 26:00 | 3 | 1:24 | 7 | 2:24 |
| Schwimmen Total | 0.50 | 13:00 | 26:00 | 3 | 1:24 | 7 | 2:24 | 0.50 | 13:00 | 26:00 | 3 | 1:24 | 7 | 2:24 |
| Rad netto | 22.00 | 49:56 | 2:16 | 3 | 6:36 | 11 | 7:02 | 22.50 | 1:02:56 | 2:47 | 3 | 7:53 | 11 | 9:11 |
| Wechsel R -> L | 0.05 | 1:02 | 20:40 | 3 | 0:31 | 8 | 0:31 | 22.55 | 1:03:58 | 2:50 | 3 | 8:24 | 11 | 9:39 |
| Rad Total | 22.05 | 50:58 | 2:18 | 3 | 7:00 | 11 | 7:24 | 22.55 | 1:03:58 | 2:50 | 3 | 8:24 | 11 | 9:39 |
| Lauf | 4.90 | 28:10 | 5:44 | 4 | 6:37 | 15 | 8:26 | 27.45 | 1:32:08 | 3:21 | 3 | 15:01 | 11 | 17:35 |