



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Dittrich, Yves

Total time: 1:32:25

Number: 1100

Course: 27.45 km

Rank in course/Total: 78 (of 88)

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

Rank in course/Men: 67 (of 73)

Best time in course: 57:57

Category:

Rank in category: 24(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.45	12:39	28:06	21	4:35	60	6:40	0.45	12:39	28:06	21	4:35	60	6:40
Wechsel S -> R	0.05	2:01	40:19	19	1:08	55	1:28	0.50	14:40	29:19	21	5:41	61	8:08
Schwimmen Total	0.50	14:40	29:19	21	5:41	61	8:08	0.50	14:40	29:19	21	5:41	61	8:08
Rad netto	22.00	52:19	2:22	25	14:26	70	18:46	22.50	1:06:59	2:58	25	18:48	70	26:54
Wechsel R -> L	0.05	0:46	15:20	7	0:08	22	0:17	22.55	1:07:45	3:00	25	18:52	70	27:11
Rad Total	22.05	53:05	2:24	25	14:13	70	19:03	22.55	1:07:45	3:00	25	18:52	70	27:11
Lauf	4.90	24:40	5:02	19	5:52	60	7:17	27.45	1:32:25	3:22	24	24:34	67	34:28