



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Heinemann, Viola

Total time: 1:33:49

Club: MT Melsungen

Number: 1086

Course: 27.45 km

Rank in course/Total: 81 (of 88)

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

Rank in course/Women: 12 (of 15)

Best time in course: 1:14:33

Category:

Rank in category: 5(of 6)

Frauen 30-39 Jahre

Best time in the category: 1:15:22

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	11:38	25:51	5	1:06	12	2:36	0.45	11:38	25:51	5	1:06	12	2:36
Wechsel S -> R	0.05	2:37	52:19	6	1:43	13	1:43	0.50	14:15	28:30	5	2:11	12	3:39
Schwimmen Total	0.50	14:15	28:30	5	2:11	12	3:39	0.50	14:15	28:30	5	2:11	12	3:39
Rad netto	22.00	52:04	2:22	5	9:10	12	9:10	22.50	1:06:19	2:56	5	11:21	13	12:34
Wechsel R -> L	0.05	1:35	31:39	6	0:55	15	1:04	22.55	1:07:54	3:00	5	12:16	13	13:35
Rad Total	22.05	53:39	2:25	5	10:05	13	10:05	22.55	1:07:54	3:00	5	12:16	13	13:35
Lauf	4.90	25:55	5:17	6	6:11	11	6:11	27.45	1:33:49	3:25	5	18:27	12	19:16