



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Rienecker, Maik

Total time: 1:44:18

Club: Meiningen

Number: 1090

Course: 27.45 km

Rank in course/Total: 86 (of 88)

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

Rank in course/Men: 72 (of 73)

Best time in course: 57:57

Category:

Rank in category: 13(of 13)

Männer 50-59 Jahre

Best time in the category: 1:12:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.45	14:11	31:31	12	5:53	72	8:12	0.45	14:11	31:31	12	5:53	72	8:12
Wechsel S -> R	0.05	3:02	60:39	12	1:59	71	2:29	0.50	17:13	34:25	13	7:43	73	10:41
Schwimmen Total	0.50	17:13	34:25	13	7:43	73	10:41	0.50	17:13	34:25	13	7:43	73	10:41
Rad netto	22.00	58:07	2:38	13	18:28	71	24:34	22.50	1:15:20	3:20	13	24:20	73	35:15
Wechsel R -> L	0.05	1:21	27:00	10	0:43	58	0:52	22.55	1:16:41	3:24	13	24:37	72	36:07
Rad Total	22.05	59:28	2:41	13	18:39	72	25:26	22.55	1:16:41	3:24	13	24:37	72	36:07
Lauf	4.90	27:37	5:38	13	7:04	72	10:14	27.45	1:44:18	3:47	13	31:41	72	46:21