



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

Detailed evaluation

Zentgraf, Gabriela

Total time: 1:44:18

Club: Meininger Mountainbike Club

Number: 1093

Enduro Long Men

Rank in course/Total: 87 (of 88)

Rank in course/Women: 15 (of 15)

Best time in course: 1:14:33

Category:

Rank in category: 2(of 2)

Frauen 50-59 Jahre

Best time in the category: 1:28:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.45	13:45	30:33	2	2:28	15	4:43	0.45	13:45	30:33	2	2:28	15	4:43
Wechsel S -> R	0.05	3:27	69:00	2	1:31	14	2:33	0.50	17:12	34:23	2	3:59	15	6:36
Schwimmen Total	0.50	17:12	34:23	2	3:59	15	6:36	0.50	17:12	34:23	2	3:59	15	6:36
Rad netto	22.00	58:11	2:38	2	9:01	15	15:17	22.50	1:15:23	3:21	2	13:00	15	21:38
Wechsel R -> L	0.05	1:20	26:39	2	0:43	12	0:49	22.55	1:16:43	3:24	2	13:43	15	22:24
Rad Total	22.05	59:31	2:41	2	9:44	15	15:57	22.55	1:16:43	3:24	2	13:43	15	22:24
Lauf	4.90	27:35	5:37	2	1:55	13	7:51	-	1:44:18	-	2	15:38	15	29:45