



# 30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

□□□□

Sachs, Frank

□□□: 2:53:24

□□: Dream Team Ilmenau

□□: 37

□□: 55.50 km

□□□□□/□□□: 50 (of 67)

Olympische Distanz 1,5-44-10.00

□□□□□/□: 41 (of 51)

□□□□□□: 2:12:20

□□□□:

□□□□□: 4(of 7)

TM 50-54, Senioren 3

□□□□□□□: 2:26:45

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.50     | 32:25    | 21:36        | 6       | 4:07    | 36      | 10:42   | 1.50  | 32:25     | 21:36         | 6       | 4:07    | 36      | 10:42   |
| Wechsel S -> R | 0.05     | 1:22     | 27:19        | 4       | 0:23    | 31      | 0:49    | 1.55  | 33:47     | 21:47         | 6       | 3:45    | 36      | 11:24   |
| Schwimmen □□□  | 1.55     | 33:47    | 21:47        | 6       | 3:45    | 36      | 11:24   | 1.55  | 33:47     | 21:47         | 6       | 3:45    | 36      | 11:24   |
| Rad netto      | 44.00    | 1:28:10  | 2:00         | 5       | 13:58   | 43      | 19:06   | 45.55 | 2:01:57   | 2:40          | 6       | 15:57   | 42      | 28:04   |
| Wechsel R -> L | 0.05     | 0:59     | 19:39        | 3       | 0:15    | 22      | 0:25    | 45.60 | 2:02:56   | 2:41          | 6       | 15:36   | 42      | 28:28   |
| Rad □□□        | 44.05    | 1:29:09  | 2:01         | 5       | 13:37   | 43      | 19:17   | 45.60 | 2:02:56   | 2:41          | 6       | 15:36   | 42      | 28:28   |
| Lauf           | 9.90     | 50:28    | 5:05         | 4       | 11:03   | 41      | 14:14   | 55.50 | 2:53:24   | 3:07          | 4       | 26:39   | 41      | 41:04   |