



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

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Dr. Stubenrauch, Rolf

□□□: 3:20:54

□□: TC Suhl

□□: 52

□□: 55.50 km

□□□□□/□□□: 66 (of 67)

Olympische Distanz 1,5-44-10.00

□□□□□/□: 51 (of 51)

□□□□□□: 2:12:20

□□□□:

□□□□□: 3(of 3)

TM 55-59, Senioren 4

□□□□□□□: 2:41:35

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.50 | 40:11 | 26:47 | 3 | 9:28 | 49 | 18:28 | 1.50 | 40:11 | 26:47 | 3 | 9:28 | 49 | 18:28 | |
| Wechsel S -> R | 0.05 | 1:54 | 37:59 | 3 | 0:41 | 43 | 1:21 | 1.55 | 42:05 | 27:09 | 3 | 9:51 | 48 | 19:42 | |
| Schwimmen □□□ | 1.55 | 42:05 | 27:09 | 3 | 9:51 | 48 | 19:42 | 1.55 | 42:05 | 27:09 | 3 | 9:51 | 48 | 19:42 | |
| Rad netto | 44.00 | 1:35:38 | 2:10 | 3 | 10:42 | 48 | 26:34 | 45.55 | 2:17:43 | 3:01 | 3 | 20:06 | 49 | 43:50 | |
| Wechsel R -> L | 0.05 | 1:57 | 39:00 | 3 | 1:03 | 51 | 1:23 | 45.60 | 2:19:40 | 3:03 | 3 | 21:09 | 49 | 45:12 | |
| Rad □□□ | 44.05 | 1:37:35 | 2:12 | 3 | 11:18 | 48 | 27:43 | 45.60 | 2:19:40 | 3:03 | 3 | 21:09 | 49 | 45:12 | |
| Lauf | 9.90 | 1:01:14 | 6:11 | 3 | 18:10 | 51 | 25:00 | 55.50 | 3:20:54 | 3:37 | 3 | 39:19 | 51 | 1:08:34 | |