



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

□□□□

Landsiedel, Steffen

□□□: 1:26:33

□□: SV Steinbach

□□: 1020

□□: 27.45 km

□□□□□/□□□: 69 (of 88)

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

□□□□□/□: 63 (of 73)

□□□□□□: 57:57

□□□□:

□□□□□: 21(of 26)

Männer 40-49 Jahre

□□□□□□□: 1:07:51

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.45 | 13:34 | 30:08 | 24 | 5:30 | 67 | 7:35 | 0.45 | 13:34 | 30:08 | 24 | 5:30 | 67 | 7:35 |
| Wechsel S -> R | 0.05 | 2:29 | 49:39 | 24 | 1:36 | 65 | 1:56 | 0.50 | 16:03 | 32:06 | 24 | 7:04 | 69 | 9:31 |
| Schwimmen □□□ | 0.50 | 16:03 | 32:06 | 24 | 7:04 | 69 | 9:31 | 0.50 | 16:03 | 32:06 | 24 | 7:04 | 69 | 9:31 |
| Rad netto | 22.00 | 46:03 | 2:05 | 21 | 8:10 | 59 | 12:30 | 22.50 | 1:02:06 | 2:45 | 22 | 13:55 | 63 | 22:01 |
| Wechsel R -> L | 0.05 | 0:50 | 16:40 | 8 | 0:12 | 26 | 0:21 | 22.55 | 1:02:56 | 2:47 | 22 | 14:03 | 64 | 22:22 |
| Rad □□□ | 22.05 | 46:53 | 2:07 | 19 | 8:01 | 56 | 12:51 | 22.55 | 1:02:56 | 2:47 | 22 | 14:03 | 64 | 22:22 |
| Lauf | 4.90 | 23:37 | 4:49 | 14 | 4:49 | 52 | 6:14 | 27.45 | 1:26:33 | 3:09 | 21 | 18:42 | 63 | 28:36 |