

TRIATHLON ESTONIA TREENING

TREENING (MNT 20x200 m + JOOKS 10x200 m LASKUMISEL)



07.07.2025, Keila

Korraldaja - Triathlon Estonia, Ilm: temperatuur +20 kraadi C, tuul 1-5 m/s, pidev vihm. Rada asfalt

Ajamõõtmise tehnika ja korraldus: ANTROTSENTER OÜ, Urmas Paejärv

Koht	Number	Nimi	Distants	Tulemus	Aeg R	Aeg J	Kiireim R	J	Keskmine R	J	Aeglaseim R	J	Stabiilsus R	J	Kiirus R	J	Ratas 1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	Jooks 1	2	3	4	5	6	7	8	9	10	
1	15	Marika Kello	4 km / 2 km	12:15.2	5:26,14	6:49,09	0:15,75	0:39,78	0:16,30	0:40,90	0:17,30	0:44,64	0:00,255	0:00,976	44.15 km/h - 01:21 min/km	03:24 min/km	0:15,95	0:17,30	0:15,86	0:16,20	0:16,40	0:16,69	0:16,33	0:15,75	0:16,23	0:16,26	0:16,16	0:16,39	0:16,71	0:16,12	0:15,79	0:16,34	0:16,32	0:16,31	0:16,16	0:16,80	0:44,64	0:41,51	0:41,40	0:40,26	0:40,18	0:40,47	0:40,20	0:40,58	0:39,78	0:40,02	
2	1	Anna Helene Rauk	4 km / 2 km	12:24.6	5:42,69	6:41,99	0:15,56	0:38,78	0:17,13	0:40,19	0:18,58	0:42,13	0:00,636	0:00,573	42.01 km/h - 01:25 min/km	03:20 min/km	0:16,76	0:17,14	0:16,97	0:18,07	0:17,87	0:17,34	0:17,00	0:18,58	0:17,92	0:17,85	0:17,55	0:17,50	0:17,76	0:16,28	0:17,22	0:16,08	0:15,56	0:16,58	0:16,29	0:16,28	0:39,97	0:39,14	0:40,09	0:40,02	0:39,93	0:40,90	0:40,84	0:42,13	0:40,14	0:38,78	
3	3	Arabella Raie	4 km / 2 km	12:43.3	5:49,10	6:54,21	0:16,36	0:37,96	0:17,45	0:41,42	0:18,61	0:48,83	0:00,383	0:02,961	41.24 km/h - 01:27 min/km	03:27 min/km	0:18,61	0:17,67	0:17,22	0:17,69	0:17,70	0:17,65	0:17,44	0:17,08	0:16,36	0:16,60	0:17,28	0:17,56	0:17,62	0:17,98	0:17,87	0:17,81	0:17,22	0:17,08	0:16,92	0:17,64	0:48,83	0:45,44	0:42,96	0:43,48	0:40,03	0:38,83	0:39,39	0:38,74	0:38,50	0:37,96	
4	2	Oskar Rauk	4 km / 2 km	13:27.6	5:22,47	8:05,16	0:15,23	0:40,22	0:16,12	0:48,51	0:16,90	0:51,98	0:00,303	0:01,402	44.65 km/h - 01:20 min/km	04:02 min/km	0:16,54	0:16,26	0:15,69	0:15,84	0:15,69	0:16,25	0:16,45	0:15,53	0:15,92	0:15,23	0:15,93	0:16,12	0:16,12	0:16,10	0:16,31	0:16,10	0:16,90	0:16,35	0:16,28	0:16,78	0:46,98	0:48,95	0:48,46	0:47,92	0:51,31	0:48,59	0:51,98	0:49,92	0:50,78	0:40,22	
5	8	Berit Raudjärv	3.4 km / 2 km		5:49,13	8:23,78	0:19,04	0:42,14	0:20,53	0:50,37	0:21,79	0:54,43	0:00,787	0:01,710	35.05 km/h - 01:42 min/km	04:11 min/km	0:19,97	0:19,04	0:19,71	0:19,34	0:19,14	0:19,48	0:21,35	0:20,36	0:21,28	0:20,81	0:21,79	0:21,30	0:20,90	0:21,05	0:21,46	0:21,48	0:20,60														
6	7	Urmas Paejärv	3.4 km / 0 km		3:56,17		0:13,46		0:13,89		0:14,92		0:00,270		51.82 km/h - 01:09 min/km		0:14,92	0:13,84	0:13,46	0:13,71	0:14,36	0:13,79	0:13,57	0:13,87	0:13,69	0:14,13	0:13,53	0:13,87	0:13,80	0:13,49	0:14,15	0:13,75	0:14,19														

Number of records: 6