



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Windorf, Adriano

Total time: 1:20:33

Club: TSG Weinheim

Number: 51

Course: 25.75 km

Rank in course/Total: 50 (of 79)

Sprint Triathlon (750 m, 20 km, 5 km)

Rank in course/Men: 43 (of 60)

Best time in course: 58:58

Category:

Rank in category: 13(of 16)

AK30 männlich (30-39 Jahre)

Best time in the category: 1:03:30

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.75	14:49	19:45	9	3:45	27	3:54	0.75	14:49	19:45	9	3:45	16	3:54
Wechsel S -> R	-	1:39	-	13	0:43	42	0:49	0.75	16:28	21:57	11	4:28	32	4:35
Schwimmen Total	0.75	16:28	21:57	11	4:28	32	4:35	0.75	16:28	21:57	11	4:28	32	4:35
Rad netto	20.00	39:19	1:57	15	9:35	54	11:30	20.75	55:47	2:41	14	12:16	49	15:57
Wechsel R -> L	-	1:40	-	14	0:46	48	0:57	20.75	57:27	2:46	14	13:01	48	16:47
Rad Total	20.00	40:59	2:02	15	10:20	55	12:20	20.75	57:27	2:46	14	13:01	48	16:47
Lauf	5.00	23:06	4:37	11	4:11	30	4:48	25.75	1:20:33	3:07	13	17:03	43	21:35