



21. EWR Triathlon Lampertheim  
Lampertheim / 26.06.2016

Detailed evaluation

Keller, Stephan

Total time: 1:20:42

Club: Ludwigshafener Schwimm Verein 07  
Number: 38

Course: 25.75 km  
Sprint Triathlon (750 m, 20 km, 5 km)

Rank in course/Total: 51 (of 79)

Rank in course/Men: 44 (of 60)

Best time in course: 58:58

Category:

Rank in category: 8(of 14)

AK50 männlich (50-59 Jahre)

Best time in the category: 1:13:49

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	15:49	21:05	7	2:22	38	4:54	0.75	15:49	21:05	7	2:22	38	4:54
Wechsel S -> R	-	1:57	-	9	0:48	47	1:07	0.75	17:46	23:41	7	3:09	39	5:53
Schwimmen Total	0.75	17:46	23:41	7	3:09	39	5:53	0.75	17:46	23:41	7	3:09	39	5:53
Rad netto	20.00	35:28	1:46	7	2:03	43	7:39	20.75	53:14	2:33	6	4:50	37	13:24
Wechsel R -> L	-	1:28	-	6	0:14	40	0:45	20.75	54:42	2:38	7	4:46	38	14:02
Rad Total	20.00	36:56	1:50	7	1:59	44	8:17	20.75	54:42	2:38	7	4:46	38	14:02
Lauf	5.00	26:00	5:12	7	3:03	45	7:42	25.75	1:20:42	3:08	8	6:53	44	21:44