



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Amend, Holger

Total time: 1:20:52

Club: LSV Ladenburg

Number: 48

Course: 25.75 km

Rank in course/Total: 53 (of 79)

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

Rank in course/Men: 45 (of 60)

Best time in course: 58:58

Category:

Rank in category: 9(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.75	16:10	21:33	8	2:43	39	5:15	0.75	16:10	21:33	8	2:43	39	5:15
Wechsel S -> R	-	1:09	-	1	-	16	0:19	0.75	17:19	23:05	6	2:42	37	5:26
Schwimmen Total	0.75	17:19	23:05	6	2:42	37	5:26	0.75	17:19	23:05	6	2:42	37	5:26
Rad netto	20.00	34:57	1:44	4	1:32	35	7:08	20.75	52:16	2:31	5	3:52	34	12:26
Wechsel R -> L	-	1:20	-	4	0:06	34	0:37	20.75	53:36	2:34	5	3:40	34	12:56
Rad Total	20.00	36:17	1:48	4	1:20	36	7:38	20.75	53:36	2:34	5	3:40	34	12:56
Lauf	5.00	27:16	5:27	10	4:19	51	8:58	25.75	1:20:52	3:08	9	7:03	45	21:54