



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

Detailed evaluation

Zacher, Angela

Total time: 1:20:45

Club: TSV Amicitia Viernheim

Number: 218

Course: 25.75 km

Rank in course/Total: 52 (of 79)

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

Rank in course/Women: 8 (of 19)

Best time in course: 1:05:52

Category:

Rank in category: 1(of 2)

AK50 weiblich (50-59 Jahre)

Best time in the category: 1:20:45

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.75	15:40	20:53	1	-	10	5:26	0.75	15:40	20:53	1	-	10	5:26
Wechsel S -> R	-	1:24	-	2	0:01	11	0:29	0.75	17:04	22:45	1	-	10	5:55
Schwimmen Total	0.75	17:04	22:45	1	-	10	5:55	0.75	17:04	22:45	1	-	10	5:55
Rad netto	20.00	37:30	1:52	1	-	11	5:27	20.75	54:34	2:37	1	-	11	11:22
Wechsel R -> L	-	1:07	-	1	-	5	0:10	20.75	55:41	2:41	1	-	11	11:32
Rad Total	20.00	38:37	1:55	1	-	8	5:37	20.75	55:41	2:41	1	-	11	11:32
Lauf	5.00	25:04	5:00	1	-	8	4:54	25.75	1:20:45	3:08	1	-	8	14:53