



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 |